

# A Little Dose of You

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Kim Robertson, Helen Lister and Kirsteen Currie - October 2017

**Music:** Painkiller by Little Big Town

## **Intro: 16 counts**

### **Section 1: walk, walk, anchor step, sweep back, sailor 1/4 turn**

- 1-2**            Walk forward right , walk forward left
- 3&4**            Cross right behind left, Step left on Place, Step Slightly back right
- 5-6**            Sweep left from front to back, step back slightly, sweep right from front to back slightly
- 7&8**            Cross left behind right, ¼ turn left stepping right to right side, step left to left side \*\*

### **Section 2: Cross rock, step, cross rock, step, cross, back, chasse 1/4 turn**

- 1&2**            Cross rock right over left, recover on left, step right to right side
- 3&4**            Cross rock left over right, recover on right, step left to left side
- 5-6**            Cross right over left, step back on left

**7&8 1/4 Turn stepping right to right side, step left next to right, step right to right side**

### **Section 3: Cross and heel, rocking chair, side rock, cross & cross, 1/2 turn**

- 1&2**            Cross left over right, step back on right, touch left heel forward
- &3&4**            Step left next to right, rock forward on right, recover onto left, rock back on right
- &5&6**            Recover onto left, Rock right to right side, recover on left, cross right over left
- &7-8**            Step left to left side, cross right over left (body angled to left diagonal), unwind 1/2 turn left to face left diagonal taking weight on left

### **Section 4: Triple full turn, rock 1/4 cross , point out, in, hitch & rock & step**

- 1&2**            Traveling forward to left diagonal, tripple full turn left, stepping right, left, right
- 3&4**            Rock left to left side, recover onto right straightening up (6o'clock) , Cross left over right
- 5&6**            Point right to right side, touch right next to left, hitch right knee
- &7&8**            Step down on right foot, rock left to left side, recover onto tight, Step left next to right taking weight

**\*\*Restart - Wall 7**

**Dance the first 8 counts, replacing 7&8 (sailor 1/4 Turn) with a coaster Step in place and Restart the dance**

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