

LOVE AND PAIN

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Count: 56

Wall: 4

Level: intermediate

Choreographer: Ruth Ford

Music: Love's The Only House by Martina McBride

ROCK, ROCK SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE

- 1-2 Rock back on right, rock forward on left
- 3&4 Step forward on right, close left beside right, step forward on right
- 5 On ball of right spin $\frac{1}{2}$ turn right stepping back on left
- 6 On ball of left spin $\frac{1}{2}$ turn right stepping forward on right
- 7&8 Step forward left, close right beside left, step forward on left

STEP PIVOT $\frac{1}{2}$ TURN LEFT, SHUFFLE FORWARD, CROSS ROCK, CHASSE LEFT

- 1-2 Step forward right, pivot $\frac{1}{2}$ turn left
- 3&4 Step forward right, close left beside right, step forward right
- 5-6 Cross rock left over right, rock back onto right
- 7&8 Step left to left side, close right beside left, step left to left side

CROSS UNWIND, FULL TURN, CHASSE RIGHT, STEP $\frac{1}{2}$ PIVOT TWICE

- 1-2 Step right across left, unwind full turn left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Step forward left, pivot $\frac{1}{2}$ turn right
- 7-8 Step forward left, pivot $\frac{1}{2}$ turn right

SYNCOATED STEPS FORWARD

- 1-2 Step forward left, hold
- &3-4 Step forward right, step forward left, touch right beside left
- 5-6 Step forward right, hold
- &7-8 Step forward left, step forward right, touch left beside right

ROCK, ROCK CHASSE LEFT, CROSS UNWIND, FULL TURN CHASSE RIGHT

- 1-2 Cross rock left over right, rock back onto right
- 3&4 Step left to left side, close right beside left, step left to left side

5-6 Step right across left, unwind full turn left

7&8 Step right to right side, close left beside right, step right to right side

WEAVE RIGHT ROCK, ROCK ¼ TURN KICKBALL STEP

1-2 Cross left over right, step right to right side

3&4 Cross step left behind right, step right to right side cross left over right

5-6 Rock to right side on right, rock onto left making ¼ turn left

7&8 Kick right forward, step right beside left, step forward left

FORWARD SHUFFLE TWICE, SAILOR STEPS TWICE

1&2 Step forward on right, close left beside right, step forward on right

3&4 Step forward on left, close right beside left, step forward on left

5&6 Cross right behind left, step left to left side, step right in place

7&8 Cross left behind right, step right to right side, step left in place

REPEAT