

# Pain of A Man

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**Count:** 72                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Tina Chen Sue Huei (July 2011)

**Music:** Nan Ren De Tong Ni Yong Yuan Bu Hui Dong by DJ Remix

**Note of Appreciation - special thanks to Sue-rong Yang and BM Leong.**

**Intro: 32 counts - start on vocal.**

## **RIGHT LINDY, HEEL TOUCHES, FORWARD**

- 1&2**            Cha cha to right side on RLR
- 3-4**            Cross left behind right, recover onto right
- 5&6&**          Touch left heel forward, step left together, touch right heel forward, step right together
- 7&8**            Touch left heel forward, step left together, step right forward

## **ROCKING CHAIR, TRIPLE 1/2 TURN RIGHT, BACK ROCK**

- 1-2**            Rock left forward, recover onto right
- 3-4**            Rock left back, recover onto right
- 5&6**            Triple 1/2 turn right on LRL
- 7-8**            Rock right back, recover onto left

## **RIGHT LINDY, HEEL TOUCHES, FORWARD**

- 1&2**            Cha cha to right side on RLR
- 3-4**            Cross left behind right, recover onto right
- 5&6&**          Touch left heel forward, step left together, touch right heel forward, step right together
- 7&8**            Touch left heel forward, step left together, step right forward

## **ROCKING CHAIR, TRIPLE 1/2 TURN RIGHT, BACK, 1/4 TURN RIGHT**

- 1-2**            Rock left forward, recover onto right
- 3-4**            Rock left back, recover onto right
- 5&6**            Triple 1/2 turn right on LRL
- 7-8**            Step right back, turning 1/4 right recover onto left

## **KICK-KICK-COASTER STEP X 2**

- 1-2 Kick right over left, kick right to right side  
3&4 Coaster step on RLR  
5-6 Kick left over right, kick left to left side  
7&8 Coaster step on LRL

### **FORWARD ROCK, CHASSE 1/4 TURN RIGHT, FORWARD, PIVOT 1/4 TURN RIGHT, CROSS CHA CHA**

- 1-2 Cross right over left, recover onto left  
3&4 Chasse 1/4 turn right on RLR  
5-6 Step left forward, pivot 1/4 turn right  
7&8 Cross cha cha on LRL

### **SIDE-ROCK-CROSS CHA CHA X 2**

- 1-2 Rock right to right side, recover onto left  
3&4 Cross cha cha on RLR  
5-6 Rock left to left side, recover onto right  
7&8 Cross cha cha on LRL

### **ROCKING CHAIR X 2**

- 1-2 Rock right forward, recover onto left  
3-4 Rock right back, recover onto left  
5-6 Rock right forward, recover onto left  
7-8 Rock right back, recover onto left

### **PIVOT 1/2 TURN LEFT, FORWARD CHA CHA, FULL TURN RIGHT, FORWARD CHA CHA**

- 1-2 Step right forward, pivot 1/2 turn left  
3&4 Cha cha forward on RLR  
5-6 Turning 1/2 right step left back, turning 1/2 right step right forward  
7&8 Cha cha forward on LRL

**RESTART during walls 3, 5, & 7 after 64 counts omitting the two rocking chairs ( counts 57-64 ) i.e. dance counts 1-56 + 65-72.**

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