

# PainKiller

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**Count:** 64      **Wall:** 2      **Level:** Improver

**Choreographer:** Ann-Kristin Sandberg (Norway) June-2015

**Music:** "Painkiller" by Jason Derulo Ft. Meghan Trainor (3,24) iTunes

## **INTRO : 16 COUNTS (dance start at the word HEART)**

### **S1: CROSS-SIDE-BACK RECOVER-SIDE STRUTS TO RIGHT**

- 1-2      Cross Right over Left, Step Left to Left side
- 3-4      Step Right back, Recover onto Left
- 5-6      Touch Right toe to Right side, Drop Right heel
- 7-8      Cross Left toe over Right, Drop Left heel

### **S2: SIDE RECOVER-BACK-KICK-COASTER STEP-BRUSH FORW**

- 1-2      Step Right to Right side, Recover onto Left
- 3-4      Step Right back, Kick Left forw
- 5-6      Step Left back, Step Right next to Left
- 7-8      Step Left forw, Brush Right forw

### **S3: LOCKSTEP DIAGONAL FORW R-BRUSH-STEP RECOVER-BACK-BESIDE**

- 1-2      Step Right diagonal forw to Right, Lock Left behind Right
- 3-4      Step Right diagonal forw to Right, Brush Left forw
- 5-6      Step Left forw, Recover onto Right
- 7-8      Step Left back, Step Right beside Left

### **S4: LOCKSTEP DIAGONAL FORW L-BRUSH- STEP RECOVER-BACK-BESIDE**

- 1-2      Step Left diagonal forw to Left, Lock Right behind Left
- 3-4      Step Left diagonal forw to Left, Brush Right forw
- 5-6      Step Right forw, Recover onto Left
- 7-8      Step Right back, Step left next to Right

### **S5: STEP-PIVOT ¼ TURN L-KICK & CROSS-SIDE-HOLD-BEHIND-1/4 TURN L**

- 1-2      Step Right forw, Pivot ¼ turn Left (09)

- 3-4 Kick Right across Left, Cross Right over Left (bend both knees on count 4)  
5-6 Step Left to left side (long step), Hold  
7-8 Cross Right behind Left,  $\frac{1}{4}$  turn Left stepping Left forw (06)

### **S6: STEP-PIVOT $\frac{3}{4}$ TURN L-SIDE-BEHIND-SIDE-CROSS-SIDE-HOLD**

- 1-2 Step Right forw, Pivot  $\frac{3}{4}$  turn Left (09)  
3-4 Step Right to Right side, Cross Left behind Right  
5-6 Step Right to Right side, Cross Left over Right  
7-8 Step Right to Right side (long step), Hold

### **S7: BACK RECOVER-SIDE-BEHIND-1/4 TURN L-BRUSH-FORW RECOVER**

- 1-2 Step Left back, Recover onto Right  
3-4 Step Left to Left side, Cross Right behind Left  
**5-6 $\frac{1}{4}$  turn Left stepping Left forw, Brush Right forw (06)**  
7-8 Step Right forw, Recover onto Left

### **S8: BACK-KICK-BACK-KICK-BACK RECOVER-STEP FORW x 2**

- 1-2 Step Right back, Kick Left forw  
3-4 Step Left back, Kick Right forw  
5-6 Step Right back, Recover onto Left  
7-8 Step Right forw, Step Left forw

### **TAG: End of wall 5 facing 06 :**

- 1-2 Step Right forw, Recover onto Left  
3-4 Step Right back, Recover onto Left

**ENJOY!!**