

# Beauty From Pain (□□□□□ )

LINEDANCE.COM

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Pam Leader (Dec 08)

Music: Beauty From Pain by Superchick (CD: 101bpm)

□□□ Start dance 12 counts into the song

(at the start of the lyrics) 12□□□□□

□□□

L Twinkle Step, R Twinkle With A ½

Turn R

□□□□ , □□□□□ 1/2

1-3

□ Twinkle

Cross L over R, step R to R, step L to L

□□□□□□□□ , □□□□ , □□□□

4-6

□□ □ □

**Cross R over L, ½ turn to the right and step back on L, step R to R (6:00)**

□□□□□□□□ , □□ 180□□□□□ , □□□□

□□□

**PRESS L, RECOVER, TOUCH L, STEP L,**

**SWEEP ¼ TURN L**

□□ , □□ , □□ , □□ , □□□ 1/4

1-3

□ □ □

**Press L forward, Recover R, Touch L to R**

□□□□ , □□□□ , □□□□

**4-6**

□ □

**Step L forward, Sweep R around into a ¼ turn to the left for 2 counts (3:00) □□□□ ,**  
**□□□□ 2□□□ 90° (□□ 3□□ )**

□□□

**Cross R Over L, Syncopated Weave,**

**Cross R Over L, Syncopated Weave**

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□

**1,2&3**

□□ □□

**Cross R over L, Step L to L, Step R behind L, Step L to L**

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□

**4,5&6**

□□ □□

**Cross R over L, Step L to L, Step R behind L, Step L to L (3:00)**

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□ (□□ 3□□ )

□□□

**Rock R, Recover, Step R, Sweep ½ Turn**

**R**

□□□□□□ , □□ , □□□ 1/2

1-3

□□□□ □

**Cross R over L, Recover L, Step R to R**

□□□□□□□□ , □□□□ , □□□□

4-6

□ 180

**Sweep L into a 1/2 turn to the right for 3 counts (9:00)**

□□□ 3□□□□ 180□ (□□ 9□□ )

**\*RESTART here on wall 4**

**- change sweep to a 3/4 turn to the right ending up at the 6:00 wall for a restart on the back wall**

□□□□□□□□ , □□□ 270□□□ 6□□□□□□□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Jazz Box With 1/4 Turn L, Jazz Box With 1/4 Turn L

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">90□□□□□ , □□ 90□□□□□

1-3

□□ 90 □

**Cross L over R, Step R back into 1/4 turn to the left, Step L back**

□□□□□□□□ , □□□□□□ 90□ , □□□□

4-6

□ 90 □

**Step R back, Step L to L into a 1/4 turn to the left, Step R forward (3:00) □□□ , □□□□ 90□ , □□□ (□□ 3□□ )**

**mso-font-kerning:0pt">□□**

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Make 3/4 Turn Walk Around To The Left □□□□ 270□**

**1-3**

□□□

**Step L into 1/8 turn L, Step R into 1/8 turn L, Step L into a 1/8 turn L**

□□□□ 45□ , □□□□ 45□ , □□□□ 45□

**4-6**

□□□

**Step R into 1/8 turn L, Step L into 1/8 turn L, Step R into a 1/8 turn L**

**(6:00)**

□□□□ 45□ , □□□□ 45□ , □□□□ 45□ (□□ 6□□ )

**mso-font-kerning:0pt">□□**

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Step L, Rock R, Recover L, Step R, Rock L, Recover R**

**mso-font-kerning:0pt">□□**

**mso-font-kerning:0pt">, □□□ , □□□ , □□ , □□□ , □□□**

**1-3**

□ □□□

**Step L to L, Rock R behind L, Recover L**

□□□□ , □□□□□□□□ , □□□□

4-6

□ □□□

**Step R to R, Rock L behind R, Recover R (6:00)**

□□□□ , □□□□□□□□ , □□□□ (□□ 6□□ )

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step L, Cross R Behind L, Full Turn Unwind Ronde

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">, □□□□□□ , □□

1-3

□ □□ □

**Step L to L, Cross R behind L, Hold**

□□□□ , □□□□□□□□ , □

4-6

**Full Turn**

**Unwind full turn to the R finishing with a Ronde to start the dance over**

**(6:00) □□□□ (□□ 6□□ )**