

# No Pain

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**Count:** 32      **Wall:** 4      **Level:** Novice

**Choreographer:** Jane & Matz Nilsson (Sweden), March 2014

**Music:** Pain Pain by Ashley Monroe, (160 bpm - iTunes)

## 16 count intro

### S1: Right & left diagonal steps with heel & toe swivels

1-4      Step right diagonally forward right, swivel left up to right - heel in, toe in, heel in

5-8      Step left diagonally forward left, swivel right up to left - heel in, toe in, heel in

### S2: Step forward, touch, step back, touch, ½ turn left, ¼ turn left

1-2      Step forward right, touch left beside right

3-4      Step back left, touch right beside left

5-6      Step forward right, turn ½ to left

7-8      Step forward right, turn ¼ to left

### S3: Figure 8 grapevine right

1-2      Step right to right side, cross left behind right

3-4      Step right ¼ turn, step forward left

5      Pivot ½ turn right shifting weight to right foot

6      On ball of right pivot ¼ turn right stepping left to left side

7-8      Cross right behind left, step left to left side

### S4: Cross, side, heel, together, cross, side, behind, ½ unwind left

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

3-4      Touch right heel diagonally forward, step right beside left

5-6      Cross left over right, step right to right

7-8      Cross left behind right, ½ unwind to left (weight ends on left foot)

**TAG: 6 count Tag, happens on wall 2 facing 9 o'clock, on wall 5 facing 12 o'clock and on wall 9 facing 12 o'clock**

**Syncopated jumps, heel bounce x 2**

**&1&2** Jump feet shoulder width apart, jump feet in (weight on left)

**&3&4** Jump feet shoulder width apart, jump feet in (weight on left)

**&5&6** Raise heels, drop heels down (weight onto left) x 2

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