

JOY & PAIN

LINEDANCE.COM

Count: 56

Wall: 4

Level: intermediate/advanced

Choreographer: Bill Macleod

Music: Joy & Pain by Rob Base

WALK FORWARD, ROCK, RECOVER, STEP FORWARD, MAMBO FORWARD, $\frac{3}{4}$ MONTEREY TURN

- 1-2** Walk right forward, then rock left forward
- 3&4** Rock back on right, recover on left, step forward on right
- 5** Step left forward
- 6&7** Mambo forward - step right forward, rock back on left, touch right out to side
- 8** Monterey $\frac{3}{4}$ turn to right on left, weight on left

KICK BALL STEP FORWARD, $\frac{1}{4}$ TURN TO RIGHT, KICK BALL STEP ACROSS, $\frac{3}{4}$ TURN TO RIGHT

- 1&2** Kick right forward and step down, step left forward
- 3-4** Step right forward, $\frac{1}{4}$ turn to left on left
- 5&6** Kick right forward, step right down, step left across in front of right
- 7-8** Unwind $\frac{3}{4}$ turn to right, shift weight on right

& WALK FORWARD, KICK BALL CROSS WITH $\frac{1}{4}$ TURN, FULL TURN TO RIGHT, BALL STEP FORWARD

- &1-2** Step left back, step right forward, step left forward
- 3&4** Kick right forward, step right down, $\frac{1}{4}$ turn to left with left across right
- 5-7** Touch right to right side, make a full turn to right slowly
- &8** Ball step back on right, replace weight back forward on left

KICK FORWARD AND STEP OUT, OUT, HAND MOVEMENT, SHUFFLE WITH $\frac{1}{4}$ TURN, TRIPLE STEP $\frac{1}{2}$ TURN

- 1&2** Kick right forward, step back on right & left (out, out)
- 3-4** Swing both hands to the right, then to the left
- 5&6** Shuffle right left right with $\frac{1}{4}$ turn to right

7&8 Triple step left right left and make a ½ turn to the right

TOUCH & HOOK RIGHT BEHIND LEFT, TWIST ½ TURN, KICK STEP AND TOUCH WITH LEFT FOOT STRAIGHTENED BACKWARD, BEND DOWN AND TWIST ½ TURN

1-2 Touch right toe out, hook right foot behind left at the knee

3-4 Twist to right with ½ turn, weight on left foot

5&6 Kick right forward, step right foot down, straightened left foot backward with toe touching the floor

7-8 Bend down and twist ½ turn to left with weight on left foot

STAND UP AND FUNKY WALK FORWARD, UNWIND FULL TURN TO LEFT

1-2 Slowly stand up, weight on left foot

3-5 Funky walk right left right forward (or skate forward)

6-8 Step left foot behind and unwind 1 full turn to the left

JUMP OUT, OUT, HEAD LOOK TO LEFT, CIRCLE HIP, SYNCOPATED SIDE ROCK

&1 Jump right out and then left

2 Head turns to the left

3-4 Circle hip to the left, weight on left

&5 Step right foot next to left, rock left out to left side

6& Replace weight onto right, step left foot next to right

7&8 Rock right to right side, replace weight on left, then touch right next to left

REPEAT

TAG

First wall - the first tag starts after 40 counts, do not bend down that much so as to roll the right knee on time. Should face the 3:00 wall afterwards. Then do the whole dance and the tag and repeat

1-2 Roll right knee

3-4 Roll left knee

5-6 Roll right knee slowly

7-8 Roll left knee slowly

- 1-2** Step right forward, step left forward with $\frac{1}{4}$ turn to left
- 3&4** Swipe or paddle to the left with a full turn, weight on left foot
- 5&6** Shuffle right left right forward
- 7&8** Mambo forward - step left forward, replace back on right, step left beside right
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- 1-16** Repeat these 16 steps again

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=48816