

# Catherine's Pain

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**Count:** 32

**Wall:** 4

**Level:** Smooth Intermediate Rumba

**Choreographer:** Bronya Bishorek

**Music:** A Puro Dolor (Purest of Pain) by Son by Four

**Note : Dedicated to Catherine Goh - be strong babe.**

**Count In : 16 beats**

**SIDE, BACK ROCK, LOCK STEP F/WD, F/WD ROCK, TIP TOE RUN BACK**

- 1-3** Step LF to L, step RF back, step f/wd on LF
- 4&5** Step RF f/wd, lock LF behind R, step RF f/wd
- 6-7** Step LF f/wd, recover weight back on RF
- 8&1** Step ball of LF back, step ball of RF back, step LF back

**CUCARACHA (R), CUCARACHA (L) ¼ TURN, BACK, ½ TURN F/WD, DIAGONAL**

- 2&3** Step RF to R, rotate hips to the R (pivoting on the ball of RF), step RF in place
- 4&5** Step LF to L, rotate hips to the L & ¼ turn L (weight still on RF), step LF back [9:00]
- 6&7** Step ball of RF back, ½ turn R & step ball of LF next to R, step RF f/wd [3:00]
- 8** Step LF f/wd to L diagonal [1:30]

**BACK, SIDE TOGETHER ¼, BALL CROSS ½, BALL CROSS ¼, F/WD ROCK, BACK & SWEEP**

- 1** Recover weight back to RF
- 2&3** Face [12:00] & step LF to L, close RF, ¼ turn L & cross step LF over R [9:00]
- 4&5** Step R ball to R, cross step LF over R, ½ turn R & cross step RF over L [3:00]
- 6&7** Step L ball to L, cross step RF over L, ¼ turn L & step LF f/wd [12:00]
- 8&1** Step RF f/wd, recover weight back to LF, step RF back & sweep LF from front to back

**BACK ROCK, LUNGE, HITCH STEP, HITCH RONDE, BACK, ½ TURN F/WD, STEP**

- 2-3** Transfer weight back to LF, lunge f/wd on RF
- 4&** Push weight back to LF & hitch R knee, step RF behind L
- 5** Hitch L knee & ¼ turn ronde L (use you L hip to ronde) [9:00]
- 6&7** Step ball of LF back, ½ turn R & step ball of RF next to L, step LF f/wd [3:00]

**END OF DANCE (2nd wall starts 3:00)**

**Suggestion : This is a beautifully haunting tune which deserves to be danced with full expression.**

**Watch teach video for ideas on upper body styling.**