

Pain & Misery

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Count: 32 **Wall:** 2 **Level:** Advanced

Choreographer: Kim Ray (UK) (March 2019)

Music: Pain And Misery by The Teskey Brothers - 89 bpm / 4:00 mins

Intro: 16 counts after 4 count drum sticks

S1: CROSS RIGHT SWEEP, CROSS, BACK, FULL TURN LEFT WITH HITCH, CROSS, TOUCH, BACK WITH SWEEP, BEHIND, SIDE CROSS, LARGE STEP TO LEFT WITH RIGHT DRAG, COASTER STEP

1 Cross right slightly over left sweeping left out and forward

2aCross left over right, step back on right

3½ turn left stepping forward on left continue another ½ turn left hitching right knee
(12:00)

4a5Cross rock right over left, touch left toe behind right heel, recover back on left sweeping right out and back

6&aCross right behind left, step left to left side, cross right over left

7 Large step to left side dragging right to left

8&aTurning to 1:30 step back on right, step left next to right, step forward on right **(1:30)**

S2: STEP FORWARD, FORWARD TOGETHER, ROCK/LEAN RECOVER, RUNS BACK, BACK ROCK/RECOVER, BALL ½ TURN LEFT, ROCK BACK RECOVER, FULL TURN RIGHT

1 Step forward on left

2a3Step forward on right, step left next to right, rock/lean forward on right raising right hand up/forward

4&aRecover back on left, step back on right, step back on left

5-6 Rock back on right, recover forward on left

a7½ turn left stepping slightly back on right, rock back on left **(7:30)**

8&aRecover forward on right, ½ turn right stepping back on left, ½ turn right stepping forward on right (7:30)

S3: 1/8 TURN RIGHT STEPPING SIDE LEFT, BEHIND, SIDE CROSS, 1¼ BALL STEPS TURNING RIGHT, FORWARD, FORWARD, FORWARD ROCK, 3 RUNS BACK

11/8 turn right taking large step to left dragging right to left (9:00)

2a3Cross right behind left, step left to left side, cross right over left to face (10.30)

a4Step left slightly behind right, 3/8 turn right stepping forward on right (3:00)

a5Turning ¼ turn right step left slightly behind right (6:00), ½ right stepping forward on right (12.00)

6a7Step forward on left, step right next to left, rock forward on left

8&aStep back on right, step back on left (RESTART HERE ON WALL 5), step back on right

S4: ROCK BACK/RECOVER, FULL TURN RIGHT SWEEP, WEAVE, BEHIND, SIDE, ROCK/RECOVER, 1 ½ TURN RIGHT

1-2 Rock back on left, recover forward on right

a3½ turn right stepping back on left, ½ turn right stepping forward on right sweeping left out and forward

4a5Cross left over right, step right to right side, step left behind right sweeping right out and back

6a7Cross right behind left, step left to left side, rock forward on right over left

8&aRecover back on left, ½ turn right stepping forward on right, ½ right stepping back on left,

1½ right again to start again at (6:00)

RESTART: Restart the dance during wall 5 after count 8& of Section 3 to face 12:00

TO FINISH: Dance finishes on wall 7 - complete wall 7 to finish at front.

Thanks for Rob & Linda Burgess for suggesting this track

Contact: kim.ray1956@icloud.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=131837