Painless

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Walt Woolbright (USA) & Linda Woolbright (USA)
Music: Ain't Hurtin' Nobody - John Prine

WALK, WALK, HEEL JACKS, OUT-OUT, KNEE POP

1-2	Walk forward right--left
&	Step back on right foot
3	Tap left heel forward & step left foot home
4	Step right foot next to left foot
&	Step back on left foot
5	Tap right heel forward & step right foot home
6	Step left next to right foot
&	Step right foot to right side
7	Step left foot to left side
&	Raising both heels off floor, pop both knees forward
8	Lower both heels to floor (weight on right foot)

STEP CROSS, HOLD, CROSS STEPS, ROCK STEP TURN, SHUFFLE TURN

&	Step back on left foot
9	Cross step right foot over left
10	Hold
&	Step left foot to left side
11	Cross step right foot over left
&	Step left foot to left side
12	Cross step right foot over left
13	Rock left foot to left side
14	Recover onto right foot with ¼ turn right (to the right)
15&16	Shuffle to right stepping left-right-left turning ½ turn right

TURN, TURN, COASTER STEP, STEP, SWIVEL STEPS

17	Turning ½ turn to the right step back on right foot
18	Turning ½ turn to the right step forward on left foot
19&20	Step back on right foot, step left foot next to right foot, step forward on right foot
21	Step forward on left foot to about 1:00:00
22	Swivel walk right heel towards left foot
23	Swivel walk right toe towards left foot
24	Swivel walk right heel towards left foot

STEP, SWIVEL STEPS, ROCK STEP, COASTER STEP

25	Step forward on right foot to about 11:00:00
26	Swivel walk left heel towards right foot
27	Swivel walk left toe towards right foot
28	Swivel walk left heel towards right foot
29	Cross rock left foot over right foot
30	Recover on right foot while turning to new wall
32&32	Step back on left foot, step right foot next to left, step forward on left foot now facing new wall

REPEAT