Count: 32 Wall: 4 Level: Intermediate
Choreographer: The Lady In Black (UK) \& Bill McGee (USA)
Music: No More Pain And Lies - Chris Moutas

| STEP, ROCK | STEPS TWICE, ROCKS FORWARD \& BACK, PIVOT $1 / 2$ TURN LEFT, TAP WITH HIP BUMP |
| :--- | :--- |
| $1-2 \&$ | Step right on right, rock left behind right, step in place on right |
| $3-4 \&$ | Step left on left, rock right behind left, step in place on left |
| $5 \& 6$ | Rock forward on right, replace weight on left, rock back on right |
| $\& 7-8$ | Replace weight on left, step forward on right turning $1 / 2$ turn left, tap left toe forward as you <br> bump right hip up and back |

## STEP FORWARD LEFT, ¼ TURN LEFT, HIPS BUMPS, TOE TAPS WITH HIPS SWAYS

$1-2 \& \quad$ Step forward on left, step forward on right turning $1 / 4$ turn left pushing right hip to right, push left hip left
$3 \& 4 \quad$ Push right hip to right, push left hip to left, turn $1 / 4$ turn left pushing right hip right and touching left toe forward
\&5-6 Tap left toe forward, tap left toe forward even further swaying left hip forward, shift weight back to right pushing right hip back
\&7-8 Tap left toe forward, tap left toe forward even further swaying left hip forward, shift weight back to right pushing right hip back

## SWEEPS, STEP LEFT, HIPS BUMPS, HITCH, ¼ TURN RIGHT, LOCK STEPS

1 Sweep-step left foot back (in a circular motion to the left) ending with weight on left

## WALKS FORWARD, MAMBO RIGHT \& LEFT, ROCK STEP, STEP TOGETHER

1-2 Step forward on right across left, step forward on left across right
$3 \& 4 \quad$ Rock right out to the right side, recover weight to left, step right next to left
\&5 Rock left out to left side, recover weight to right
\&6 Step left next to right, rock back on right (fifth position)
\&7-8 Step in place on left, step forward on right, step left next to right

## REPEAT

