

# Pain & Misery

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Advanced  
編舞者: Kim Ray (UK) - March 2019  
音樂: Pain and Misery - The Teskey Brothers



**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
- 2a                     Cross left over right, step back on right
- 3                      ½ turn left stepping forward on left continue another ½ turn left hitching right knee (12:00)
- 4a5                    Cross rock right over left, touch left toe behind right heel, recover back on left sweeping right out and back
- 6&a                    Cross right behind left, step left to left side, cross right over left
- 7                      Large step to left side dragging right to left
- 8&a                    Turning 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
- 2a3                    Step forward on right, step left next to right, rock/lean forward on right raising right hand up/forward
- 4&a                    Recover back on left, step back on right, step back on left
- 5-6                    Rock back on right, recover forward on left
- a7                      ½ turn left stepping slightly back on right, rock back on left (7:30)
- 8&a                    Recover 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**

- 1                      1/8 turn right taking large step to left dragging right to left (9:00)
- 2a3                    Cross right behind left, step left to left side, cross right over left to face (10.30)
- a4                      Step left slightly behind right, 3/8 turn right stepping forward on right (3:00)
- a5                      Turning ¼ turn right step left slightly behind right (6:00), ½ right stepping forward on right (12.00)
- 6a7                    Step forward on left, step right next to left, rock forward on left
- 8&a                    Step 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
- a3                      ½ turn right stepping back on left, ½ turn right stepping forward on right sweeping left out and forward
- 4a5                    Cross left over right, step right to right side, step left behind right sweeping right out and back
- 6a7                    Cross right behind left, step left to left side, rock forward on right over left
- 8&a                    Recover back on left, ½ turn right stepping forward on right, ½ right stepping back on left,
- 1                      ½ 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](mailto:kim.ray1956@icloud.com)

---