

Painful Feeling

COPPER KNOB
STEPSHEETS

拍數: 32
編舞者: Harry Heng (INA) - July 2025

牆數: 2

級數: Intermediate NC2S

音樂: Qing Yi Dong Xin Jiu Tong (情一動心就痛) - Hai Sheng (海生)



I : BASIC NC R, ¼ TURL R STEP L BACK START SPIRAL ½ TURN R, WALK FORWARD (R-L-R), STEP L FORWARD, PIVOT ½ TURN R STEP R IN PLACE, STEP L FORWARD, FULL TURN L

- 1 – 2& Step R To Side (1), Close L Slightly Behind R (2), Cross R Over L (&)
- 3 – 4& ¼ Turn R Step L Back & Spiral ½ Turn R (3) Walk Forward On R (4) Walk Forward On L (&),
- 5 – 6& Walk Forward On R (5) , Step L Forward (6), Pivot ½ Turn R Step R In Place (&)
- 7 – 8& Step L Forward (7), ½ Turn L Step R Backward (8), ½ Turn L Step L Forward (&)

II : ¼ TURN L BASIC NC R, SIDE, BEHIND, SIDE , CROSS, LIFT L FOOT, SLOW KICK FORWARD, STEP BACKWARD, CLOSE BESIDE

- 1 – 2& ¼ Turn L Step R To R Side (1), Close L Slightly Behind R (2) Cross R Over L (&)
- 3 – 4& Step L To L Side (3), Cross R Behind L (4), Step L To L Side (&)
- 5 – 7 Cross R Over L Slightly Bend Knee (5), Straigten Knee And Lift L Foot (6), Slow Kick L Forward (7) Facing Diagonal (10:30)
- 8& Step L Backward (6) , Close R Beside L (&),

III : STEP FORWARD, SWEEP CROSS, STEP TO SIDE, STEP BEHIND, SAILOR ½ TURN L, STEP FORWARD, LOCK BEHIND, STEP FORWARD, 1/8 TURN R SCISSOR

- 1 – 2& Step L Forward (1), Sweep R From Back To Front Cross Over L (2), Step L To L Side (&)
- 3 – 4& Step R Behind L (3), Sweep L From Front To Back ½ Turn L Step L To L Side (4) Close R Beside L (&) Facing Diagonal (4:30)
- 5 – 6& Step L Forward (5), Step R Forward (6), Lock L Behind R (&)
- 7 – 8& Step R Forward (7), 1/8 Turn R Step L To L Side (8), Close R Beside L (&)

IV : CROSS L OVER R, VINE R, SWAY R-L-R, BASIC NC (L)

- 1 – 2& Cross L Over R (1), Step R To R Side (2), Cross L Behind R (&) ,
- 3& 4& Step R To R Side (3), Cross L Over R (&), Step R To R Side (4), Cross L Behind R (&)
- 5 – 6& Step R To R Side Start To Sway (5), Sway To (6), Sway To R (&)
- 7 -8& Step L To L Side (7), Close R Slightly Behind L (8), Cross L Over R (&)

Restart On Wall 4 Dance Up To 16& Counts With Step Changed On 8& Count.

- 8& 3/8 Turn L Step L To L Side (8), Touch R Beside L (&) Restart The Dance