

# Catherine's Pain

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Smooth Intermediate Rumba  
編舞者: Bronya Bishorek (MY) - February 2012  
音樂: A Puro Dolor - Son By Four



**Note :** Dedicated to Catherine Goh - be strong babe.

**Count In :** 16 beats

## **SIDE, BACK ROCK, LOCK STEP FWD, FWD ROCK, TIP TOE RUN BACK**

1-3              Step LF to L, step RF back, step f/wd on LF  
4&5              Step RF f/wd, lock LF behind R, step RF f/wd  
6-7              Step LF f/wd, recover weight back on RF  
8&1              Step ball of LF back, step ball of RF back, step LF back

## **CUCARACHA (R), CUCARACHA (L) ¼ TURN, BACK, ½ TURN FWD, DIAGONAL**

2&3              Step RF to R, rotate hips to the R (pivoting on the ball of RF), step RF in place  
4&5              Step LF to L, rotate hips to the L & ¼ turn L (weight still on RF), step LF back [9:00]  
6&7              Step ball of RF back, ½ turn R & step ball of LF next to R, step RF f/wd [3:00]  
8                  Step LF f/wd to L diagonal [1:30]

## **BACK, SIDE TOGETHER ¼, BALL CROSS ½, BALL CROSS ¼, FWD ROCK, BACK & SWEEP**

1                  Recover weight back to RF  
2&3              Face [12:00] & step LF to L, close RF, ¼ turn L & cross step LF over R [9:00]  
4&5              Step R ball to R, cross step LF over R, ½ turn R & cross step RF over L [3:00]  
6&7              Step L ball to L, cross step RF over L, ¼ turn L & step LF f/wd [12:00]  
8&1              Step RF f/wd, recover weight back to LF, step RF back & sweep LF from front to back

## **BACK ROCK, LUNGE, HITCH STEP, HITCH RONDE, BACK, ½ TURN FWD, STEP**

2-3              Transfer weight back to LF, lunge f/wd on RF  
4&                  Push weight back to LF & hitch R knee, step RF behind L  
5                  Hitch L knee & ¼ turn ronde L (use you L hip to ronde) [9:00]  
6&7              Step ball of LF back, ½ turn R & step ball of RF next to L, step LF f/wd [3:00]  
8                  Step RF f/wd

**END OF DANCE (2nd wall starts 3:00)**

**Suggestion :** This is a beautifully haunting tune which deserves to be danced with full expression.  
**Watch teach video for ideas on upper body styling.**