

Love This Pain

48 Count, 4 Wall, Improver, Country
Choreographer: Adrian Helliker (Fr) 2010
Choreographed to: Love This Pain by Lady
Antebellum, CD: Need You Now

INTRO: 32 COUNTS

1-8 ROCK, RECOVER, COASTER STEP, STEP PIVOT, STOMP X2

- 1-2 Rock forward on left, recover onto right
- 3&4 Step back on left, close right beside left, step forward on left
- 5-6 Step forward on right, pivot half turn to left
- 7-8 Right stomp, left stomp

9-16 RIGHT SCISSOR STEPS, LEFT SCISSOR STEPS

- 1&2 Right to right side, left beside right, right cross in front of left
- 3&4 Left to left side, right beside left, left cross in front of right
- 5&6 Right to right side, left beside right, right cross in front of left
- 7&8 Left to left side, right beside left, left cross in front of right

17-24 LINDY RIGHT, ROCK BACK, RECOVER, LINDY LEFT, ROCK BACK, RECOVER

- 1&2 Shuffle to the right, R, L, R
- 3-4 Rock back on left, recover on right
- 5&6 Shuffle to the left, L, R, L
- 7-8 Rock back on right, recover on left

25-32 STEP, LOCK, STEP, SCUFF X2

- 1-2 Step right in front, lock left behind right
- 3-4 Step right in front, left scuff forward
- 5-6 Step left in front, right lock behind left
- 7-8 Step left in front, right scuff forward

33-40 ROCK FORWARD, RECOVER, STEP BACK, HOLD, ROCK BACK, RECOVER, STEP FORWARD, HOLD

- 1-2 Rock forward on right, recover onto left
- 3-4 Step back on right - hold
- 5-6 Rock left back, recover onto right
- 7-8 Step forward on left – hold

41-48 JAZZ BOX WITH 1/4 TURN, WEAWE WITH POINT

- 1-2 Cross right in front of left, step back onto left
- 3-4 Make ¼ turn to the right, left beside right
- 5-6 Right cross in front of left, left to left side
- 7-8 Right behind left, left points to the left side

TAG: 12 COUNT TAG AT THE END OF WALL 6 WEAVE WITH POINT X2, CROSS POINTS X2

- 1-2 Left cross in front of right, right to right side
- 3-4 Left behind right, right points to the right side
- 5-6 Right cross in front of left, left to left side
- 7-8 Right behind left, left points to the left side
- 9-10 Left cross in front of right, right points to the right side
- 11-12 Right cross in front of left, left points to the left side