

# No Pain

32 count, 4 Wall, Novice, 16 count intro, 160 BPM  
Choreographed by: Jane & Matz Nilsson (Sweden), March 2014  
Choreographed to: Pain Pain by Ashley Monroe, available on iTunes

## **S1: Right & left diagonal steps with heel & toe swivels**

1-4 Step right diagonally forward right, swivel left up to right - heel in, toe in, heel in  
5-8 Step left diagonally forward left, swivel right up to left – heel in, toe in, heel in

## **S2: Step forward, touch, step back, touch, ½ turn left, ¼ turn left**

1-2 Step forward right, touch left beside right  
3-4 Step back left, touch right beside left  
5-6 Step forward right, turn ½ to left  
7-8 Step forward right, turn ¼ to left

## **S3: Figure 8 grapevine right**

1-2 Step right to right side, cross left behind right  
3-4 Step right ¼ turn, step forward left  
5 Pivot ½ turn right shifting weight to right foot  
6 On ball of right pivot ¼ turn right stepping left to left side  
7-8 Cross right behind left, step left to left side

## **S4: Cross, side, heel, together, cross, side, behind, ½ unwind left**

1-2 Cross right over left, step left to left  
3-4 Touch right heel diagonally forward, step right beside left  
5-6 Cross left over right, step right to right  
7-8 Cross left behind right, ½ unwind to left (weight ends on left foot)

## **6 count tag, happens on wall 2, 5, 9**

### **Tag: Syncopated jumps, heel bounce x 2**

&1&2 Jump feet shoulder width apart, jump feet in (weight on left)  
&3&4 Jump feet shoulder width apart, jump feet in (weight on left)  
&5&6 Raise heels. Drop heels down (weight onto left) x 2