

WHO'S GOT THE PAIN

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Record: STAR 205 CD (Ross Mitchell)
Phase: Mambo Ph IV
Footwork: Opposite, directions for man (woman as noted) March 2006
Sequence: Intro, A, B, A(1-8), C, B, A, B, A(1-12) Ending

INTRO

1-4 wait; wait; W roll out; tog Sktrs w knee lift;

1-4 In Wrapped Pos both fc LOD ld ft free wait 2 meas;; drop ld hnds sml sd L, cl R, sml sd L, -; (W roll out RF R, L, R to OP LOD, -;) big st tog R "catch" W in Sktrs, -, lift L knee, -;

PART A

1-8 bk wheel 6 Fc Wall;; bk basic; M rk fwd rec/W fwd & swvl to Fc; pat-a-cake twice;; spot turn; cucaracha apt/M tch Bfly;

1-4 In Sktrs LOD wheel bkwd L, R, L, -; R, L, R to fc Wall, -; (W fwd R, L, R, -; L, R, L, -;) bk L, rec fwd R, cl L, -; fwd R lead W under L hnds, -, rec bk L, -; (W fwd L/w bend knee, -, turn 1/2 RF under L hnds to fc stay low bring R hnd up R leg stretched, -;) [now same footwork]

5-8 X Rif tch R hnds at shldr level, rec L, sd R, -; X Lif tch L hnds, rec R, sd L, -; (W X Rif, rec L, sd R, -; X Lif, rec R, sd L, -;) thru R twd LOD trn 3/4 LF, rec fwd L trn 1/4 LF, sd R no hnds, -; (W thru R twd RLOD trn 3/4 LF, rec fwd L trn 1/4 LF, sd R, -;) sd L, rec sd R, tch L to Bfly, -; (W sd L, rec sd R, cl L, -;)

9-16 merengue; step kick swvl; fwd, sit swvl; bk bas; spot turn Bfly; basic;; sd, draw, cl NH;

9-12 sd L, cl R, sd L, cl R; sd L, kick R thru, swvl on L fc RLOD R leg crosses in front to "4" shape, -; fwd R w bend knee, -, swvl on R to fc LOD keep L pointing stay in Bfly, -; bk L, rec fwd R, fwd L to OP, -;

13-16 fwd R trn 1/2 LF, rec fwd L trn 1/4 LF, sd R Bfly Wall, -; fwd L, rec bk R, cl L, -; bk R, rec fwd L, cl R, -; sd L, draw R to L, cl R drop hnds, -;

PART B

1-8 spin chase;; 1/2 bas; whip; NYer Bfly; thru to serpiente;; thru, fc, cl CP;

1-4 fwd L turn 1/2 RF, rec fwd R turn 1/2 RF, cl L, -; (W bk R, rec fwd L, cl R, -;) bk R, rec fwd L, cl R join ld hnds, -; (W fwd L turn 1/2 RF, rec fwd R turn 1/2 RF, cl L, -;) fwd L, rec bk R, cl L (W sd R), -; bk R trn 1/4 LF, rec fwd L trn 1/4 LF, sd R fc COH, -; (W fwd L, fwd R trn 1/2 LF, sd L, -;)

5-8 trn to fc LOD thru L, rec bk R trn to fc ptr, sd L Bfly, -; thru R, sd L, XRib, kick L sd; XLib, sd R, XLif, flare R [optional flick]; thru R, sd L, cl R to CP COH, -;

9-14 crossbody Bfly;; 1/2 bas wrap FcR; wheel FcL; W roll out; tog Sktrs w knee lift;

9-12 fwd L, rec bk R, turn 1/4 LF sd L twd Wall, -; (W bk R, rec fwd L, fwd R, -;) bk R cont trn, rec fwd L, sd R Bfly Wall, -; (W fwd L, fwd R trn 1/2 LF, sd L, -;) fwd L, rec bk R trn 1/4 LF raise ld hnds, sd L twd Wall to Wrapped Pos fc RLOD, -; (W bk R, rec fwd L trn 1/4 LF, sd R twd COH, -;) wheel fwd R, L, R to Fc LOD, -;

13-14 repeat meas 3 & 4 INTRO;;

PART C

1-8 progr basic;; NYer; swvl 3; NYer; spot turn CP; scallop/ W trn Shdw;;

1-4 fwd L, rec bk R, bk L, -; bk R, rec fwd L, fwd R, -; trn to fc RLOD thru L, rec bk R trn to fc ptr, sd L point knees twd LOD, -; weight on both ft swvl knees RLOD, LOD, RLOD, -;

5-8 thru L, rec bk R trn to fc ptr, sd L, -; thru R trn 3/4 LF, rec fwd L trn 1/4 LF, sd R to CP Wall, -; trn to LOD bk L, rec fwd R to fc ptr, sd L, -; thru R LOD, sd L, cl R, -; (W thru L, sd R, cl L spin 1/2 RF to Shdw Wall, -;)

9-16 Shdw cucaracha twice;; chase b turn; M turn Bfly; NYer; spot turn CP; scallop;;

9-12 In Shdw sd L twd LOD (W sd L twd RLOD), rec sd R, cl L, -; sd R, rec sd L, cl R, -; fwd L trn 1/2 RF, fwd R, fwd L, -; (W fwd R trn 1/2 LF, fwd L, fwd R, -;) fwd R trn 1/2 LF, fwd L, fwd R join ld hnds, -; (W fwd R, rec bk R, bk L, -;)

13-16 repeat meas 5 & 6;; trn to SCP bk L, rec fwd R to fc ptr, sd L, -; thru R, sd L, cl R drop hnds, -;

ENDING

1-2 spot turn Bfly; 1/2 bas wrap FcR & hold;

1-2 fwd R trn 1/2 LF, rec fwd L trn 1/4 LF, sd R BFLY Wall, -; fwd L, rec bk R trn 1/4 LF raise ld hnds, sd L twd Wall "catch" W in Wrapped Pos fc RLOD, -; (W bk R, rec fwd L trn 1/4 LF, sd R twd COH, -;)

[optional: rk apt rec to underarm lunge; on last step raise trl hnds in fcg lunge line on ld ft, M fc COH]