

## PAINTING PILLOWS

*Choreographer: Rachael McEnaney-White (Oct 2015)*

*Counts: 48 Walls: 2*

*Music: "Painting Pillows" - Lauren Alaina*

*Level: Advanced*



*Count In: 24 counts from start of track, dance begins on vocals. Approx 114 bpm*

*Notes: 1 Restart on 3rd wall.*

### **[1-6] FWD R, HOLD, FWD L, ¼ TURN L ROCKING R TO R**

1-2-3 Step forward R (1), hold as you drag L (or slight sweep) towards R (2,3) 12.00

4-5-6 Step forward L (4), make ¼ turn left as you rock R to right side (5), recover weight L (6) 9.00

### **[7-12] SYNCOPATED WEAVE L, R CROSS, UNWIND ¾ TURN L**

1&2-3 Cross R over L (1), step L to left side (&), cross R behind L (2), step L to left side (3) 9.00

4-5-6 Cross R over L (4), unwind a slow ¾ turn left weight (5), finish ¾ turn left transferring weight onto L (6) 12.00

*\*\*\*Restart: 3rd wall begins facing 12.00, do the first 12 counts then start again. 12.00*

### **[13-18] FWD R, ½ R STEPPING BACK L, BACK R, BACK L, POINT R, ½ SPIRAL TURN R**

1-2-3 Step forward R (1), make ½ turn right as you step back L (2), step back R (3) 6.00

4-5-6 Step back L (4), point R to right side (prep your upper body left) (5), make ½ turn right on ball of L (R toe remains in place) (6) 12.00

### **[19-24] R FWD, ½ RIGHT SWEEPING L, L CROSS, R CHASSE**

1-2-3 Step forward R as you begin to make ½ turn right sweeping L (1), continue the ½ turn right (2,3) (weight ends R) 6.00

4-5&6 Cross L over R (4), step R to right side (5), step L next to R (&), step R to right side and angle body to R diagonal (7.30) (6) 7.30

### **[25-30] L FWD (DIAGONAL), ½ L DOING R LOCK STEP BACK, ½ TURN L FWD L, FWD R, ½ PIVOT L**

1-2&3 Step L forward (toward 7.30) (1), make ½ turn left stepping back R (2), cross L over R (&), step back R (3) 1.30

4-5-6 Make ½ turn left stepping forward L (4), step forward R (5), pivot ½ turn left (weight ends L) (6) 1.30

### **[31-36] R FWD (DIAGONAL) ½ R DOING L LOCK STEPBACK, 3/8 TURN FWD R AS YOU HITCH L KNEE AND MAKE FURTHER ¼ R**

1-2&3 Step R forward (1), make ½ turn right stepping back L (2), cross R over L (&), step back L (3) 7.30

4-5-6 Make  $\frac{3}{8}$  turn right stepping forward R as you hitch L knee and continue to make another  $\frac{1}{4}$  turn R on ball of R (4, 5, 6) 3.00

**[37-42] L TWINKLE WITH  $\frac{1}{4}$  TURN L, FWD R, L FWD ROCK WITH L SWEEP**

1-2-3 Cross L over R (1), step R to right side (2), make  $\frac{1}{4}$  turn left stepping forward L (3) 12.00

4-5-6 Step forward R (4), rock forward L (5), recover weight R as you sweep L (6) 12.00

**[43-48] L BACK WITH R SWEEP, R BACK WITH L SWEEP, L BACK, 2.5 TURNS R (OR EASIER ALTERNATIVES)**

1-2-3 Step back L sweeping R (1), step back R sweeping L (2), step back L (3) 12.00

4-5 Make  $\frac{1}{2}$  turn right stepping forward R (4), make  $\frac{1}{2}$  turn right stepping back L (5), 12.00

&6& Make  $\frac{1}{2}$  turn right stepping forward R (&), make  $\frac{1}{2}$  turn right stepping back L (6), make  $\frac{1}{2}$  turn right on ball of L ready to start again (&) 6.00

Option:

*Easy option for counts 4 - 6: Make  $\frac{1}{2}$  turn right stepping forward R (4), run forward L-R-L (5&6)*

*Medium option for counts 4-6: Make  $\frac{1}{2}$  turn right stepping forward R (4), make  $\frac{1}{2}$  turn right stepping back L (5), cross R over L (&), step back L (6), make  $\frac{1}{2}$  turn right on ball of L ready to start again (&)*