

PAINKILLER

Rewritten to
ACA
Terminology

Level: Easy Intermediate **Genre:** Pop
Artist: Jason Derulo & Meghan Trainor
Choreo: Judy Waymouth
Speed: Normal **Length:** 3.23min.
Sequence: A B Chorus A B Chorus Break Bridge Break2 Chorus Ending
Wait: 16 Beats; Left foot Lead

Quick Cues

Part A (32 beats)

4 2 Basic
4 Turkey
4 Windster (Rft)
4 Stomp Double
16 REPEAT OPPOSITE FOOTWORK

Part B (32 beats)

8 Cowboy
4 Charleston
4 Fancy Double
16 REPEAT

Chorus (64 beats)

4 Break Step
4 Heel Spin & Basic (1/2 L)
8 Samantha
16 2 Loop Kentucky Chain (L & R)
32 REPEAT

Part A (32 beats)

4 2 Basic
4 Turkey
4 Windster (Rft)
4 Stomp Double
16 REPEAT OPPOSITE FOOTWORK

Part B (32 beats)

8 Cowboy
4 Charleston
4 Fancy Double
16 REPEAT

Chorus (64 beats)

4 Break Step
4 Heel Spin & Basic (1/2 L)
8 Samantha
16 2 Loop Kentucky Chain (L & R)
32 REPEAT

Quick Cues

Break (16 beats)

4 Donkey
4 Rocker (Rft)
8 REPEAT OPPOSITE FOOTWORK

Bridge (32 beats)

4 Travelling Triple Slur
4 Rocker (1/4 R)
24 REPEAT 3 TIMES

Break2 (20 beats)

4 Triple Kick (FWD)
4 Triple (BK)
4 Double Jazz Rock
4 Triple (Rft)
4 Stomp Basic Kick

Chorus (64 beats)

4 Break Step
4 Heel Spin & Basic (1/2 L)
8 Samantha
16 2 Loop Kentucky Chain (L & R)
32 REPEAT

Ending (17 beats)

16 2 Loop Kentucky Chain (L & R)
1 Rock Stomp



Step Definitions - Painkiller

BASIC:

DS RS
L RL
&1 &2

TURKEY:

LIFT/DR H-FL(OTS) S(XIB) DS RS (CAN BE (P) INSTEAD OF DR AT START)
L /R L L R L RL
& 1 & 2 &3 &4

WINDSTER:

DS BR(XIF) H BR(X) H RS (BR CAN BE DT)
R L R L R LR
&1 & 2 & 3 &4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

COWBOY:

[DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

CHARLESTON:

DS TCH(F) H T-H(BK) RS
L R L R R LR
&1 & 2 & 3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

BREAK STEP:

DT-S(XIF)/FLA (P) K/S(BK) (P) S(BK) RS
L L / R L/R L RL
& 1 & 2 & 3 &4

HEEL SPIN & BASIC: (Rft Lead in this dance turn 1/2 L)

(P) H(WGT) PVT(1/2 R OR L) S DS RS
R R L R LR
& 1 & 2 &3 &4

SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

DONKEY:

DS TCH(XIF) H TCH(F) H RS
L R L R L RL
&1 & 2 & 3 &4

LOOP KENTUCKY CHAIN:

DS-SL/LOOP-S(XIB) DS-DR S(XIF) DS RS RS RS
L L / R R L L R L RL RL RL
&1 & 2 &3 & 4 &5 &6 &7 &8

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

TRAVELLING TRIPLE SLUR:

DS(OTS) DS(XIF) DS(OTS) SLR-S(XIB)
L R L R R
&1 &2 &3 & 4

TRIPLE KICK:

DS DS DS K H
L R L R L
&1 &2 &3 & 4

TRIPLE: (Rft)

DS DS DS RS
R L R LR
&1 &2 &3 &4

DOUBLE JAZZ ROCK:

DS T-H(XIF) T-H(BS) RS
L R R L L RL
&1 & 2 & 3 &4

STOMP BASIC KICK:

(P) STO DS RS K/DR-SL
L R LR L/R R
& 1 &2 &3 & 4