



# *It's Killing Me*

**Choreographer:** Kim Liebsch

**Level:** Improver

**Count:** 32

**Wall:** 2

**Intro:** 4 counts after 1'ste beat, start with weight on L foot

**Music:** "It's Killing Me" by Kristel Lisberg

[www.country-stafke.be](http://www.country-stafke.be)

**Restart: 1 restart on wall 8 after count 12& (\*6:00)**

**#1 section: Step, step ½ turn step, full turn step, mambo with sweep, back rock**

1 Step fw. on R 12:00  
2&3 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L 6:00  
4&5 Make ½ turn L stepping back on R, make ½ turn L stepping fw. on L, step fw. on R 6:00  
6&7 Rock fw. on L, recover on R, step slightly back on L while sweeping R 6:00  
8& Rock back on R, recover on L 6:00

**#2 section: Step, mambo ½ turn, lock step, mambo ½ turn, step ¼ turn**

1 Step fw. on R 6:00  
2&3 Rock fw. on L, recover on R, make ½ turn L stepping fw. on L 12:00  
4&5 Step fw. on R, lock L behind R (\*6:00), step fw. on R 12:00  
6&7 Rock fw. on L, recover on R, make ½ turn L stepping fw. on L 6:00  
8& Step fw. on R, make ¼ turn L stepping L to L side 3:00

**#3 section: Cross, recover ¼ turn step, run ¾ turn, basic, side rock**

1 Cross R over L 3:00  
2&3 Recover on L, make ¼ turn R stepping fw. on R, step fw. on L 6:00  
4&5 Run ¾ turn R- R-L-R 3:00  
6&7 Step L to L side, close R behind L, cross L over R 3:00  
8& Rock R to R side, recover on L 3:00

**#4 section: Step fw. while hitching ½ turn, lock step, lock step hitching ½ turn, lock step, cross rock**

1 Step fw. on R while hitching L ½ turn R 9:00  
2&3 Step fw. on L, lock R behind L, step fw. on L 9:00  
4&5 Step fw. on R. lock L behind R, step fw. on R while hitching L ½ turn R 3:00  
6&7 Lock fw. on L, lock R behind L, step fw. on L 3:00  
8& Cross R over L, recover on L, ( ¼ turn R to start again ) 3:00

**Repeat**