

Painting Pillows

Competition Step Sheet

DIVISION: Advanced

Description: 48 Counts, 2 Walls, Waltz, Country
Choreographer: Rachael McEnaney
Music: Painting Pillows by Lauren Alaina (special edit)
Album: Lauren Alaina EP
Count-in: 24 Count Intro
Note: Dancers will dance as follows: Wall 1 Vanilla, Wall 2 Vanilla, Wall 3 (until restart) Vanilla, Wall 4 Variation, Wall 5 Vanilla, V&V as normal to finish.



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 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.

13-18 Fwd R, ½ R stepping back L, back R, back L, point R, ½ spiral 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 (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 step back, 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 3/8 turn right stepping forward R as you hitch L knee and continue
to make another ¼ turn R on ball of R (4, 5, 6) (3.00)

37-42 L twinkle with ¼ 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 ¼ turn left stepping

4,5,6 forward L (3) (12.00)
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
1,2,3 Step back L sweeping R (1), step back R sweeping L (2), step back L (3) (12.00)

4,5 Make ½ turn right stepping forward R (4), make ½ turn right stepping back L (5), (12.00)

&6& Make ½ turn right stepping forward R (&), make ½ turn right stepping back L (6), make ½ turn right on ball of L ready to start again (&) (6.00)

***option for Silver dancers for counts 4 – 6:**

Make ½ turn right stepping forward R (4), run forward L-R-L (5&6)

Begin again 😊