



Painting Pillows

Choreographed by **Rachael McEnaney-White (UK/USA) (October 2015)**

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Description:	48 Counts, 2 wall, Advanced level Waltz Line Dance
Music:	"Painting Pillows" – Lauren Alaina. Approx 3.17 mins
Count In:	24 counts from start of track, dance begins on vocals. Approx 114 bpm
Notes:	1 restart on 3 rd wall. Special thanks to Joey Warren for suggesting this track ☺
Video:	https://www.youtube.com/watch?v=eRJkoFuD_U (unfortunately no music)

Section	Footwork	End Facing
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 (<i>prep your upper body left</i>) (5), make ½ turn right on ball of L (<i>R toe remains in place</i>) (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) (<i>weight ends R</i>)	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 (<i>toward 7.30</i>) (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 (<i>weight ends L</i>) (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 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 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:	<i>Easy option for counts 4 – 6: Make ½ turn right stepping forward R (4), run forward L-R-L (5&6)</i> <i>Medium option for counts 4-6: Make ½ turn right stepping forward R (4), make ½ turn right stepping back L (5), cross R over L (&), step back L (6), make ½ turn right on ball of L ready to start again (&)</i>	

START AGAIN
HAPPY DANCING ☺