



Bitter Pill

March 29, 2006

Description: 32 count, 4 wall, intermediate line dance with two restarts

Music: Bitter Pill by Annie Lennox [CD: Bare]

Choreographed by Amy Christian & Scott Schrank

Email: sschrank@bellsouth.net Web: <http://www.scottschrank.com>

Email: amyxtian@singnet.com.sg Web: www.amychristiandance.com

(Dance Sequence: 32-Restart A-32-32-Restart B-32 Through End)

1-8 Mambo Point, Coaster 1/4 Turn, Mambo 1/2 Turn, Step, Pivot, Hitch

1&2 Step ball of right forward grinding hip to the right, Recover weight to left, Point right toe right

3&4 Step ball of right behind left foot, While transferring weight to left, make 1/4 turn left on ball of left, Step forward on right

5&6 Step ball of left forward grinding hip to left, Recover weight to right starting 1/2 turn left on ball of right, Step slightly forward on left foot

7&8 Step right foot forward, Pivot 1/2 turn left on ball of right while stepping forward left, Hitch right foot up and slightly crossing left leg

(Restart A Happens Here: On count 8, raise your left hand above you head)

9-16 Step, Scissor Cross, Side Turn, Mambo Cross Right, Mambo Cross Left

1-2 Step right foot forward and over left, Rock left foot left

&3 Recover weight to ball of right, Cross left foot over right

&4 Step right foot to right starting 1/4 turn left, Step left foot left (6:00 Wall)

5&6 Step right foot over left, Recover weight to left, Step right foot right

7&8 Step left foot over right, Recover weight to right, Step left foot left

(Restart B Happens Here)

17-24 Bump, Bump, 1/4 Turn Bump, Big Step Forward, Bump Back 2X, Step, Tap, Touch

1&2 Step right foot to right side & bump to the right, Bump left, 1/4 turn left as you bump back

3-4 Take a big step forward on left foot, Drag right foot, next to left foot

5-6 Bump right hip backwards twice while looking over your right shoulder

7&8 Take a big step forward on left foot, Tap right toe, Touch right foot next to left

25-32 Side Rock Cross, Side Rock Cross, 1/2 Turn R With Heel Bounces

1&2 Step right foot to right side, Recover on left foot, Step right foot over left

3&4 Step left foot to left side, Recover on right foot, Step left foot over right

5-8 Hands out at an angle, right hand down, left hand up,(or do shoulder pops). 1/2 turn right, With 4 slight heel bounces, Upper body angling to the right

Start Again