I Feel Your Pain

Count: 32 **Wall:** 4 **Level:** High Beginner
Choreographer: Marian van der Heijden (NL) - April 2026
Music: I feel your pain - Samoa Reggae Vibes

Intro: 16 counts, start on… "tear"

Mambo R forward, Mambo L back, Mambo cross R & L

1 & 2	RF rock fwd – recover on LF - RF step back
3 & 4	LF rock back – recover on RF – LF step fwd
5 & 6	RF rock R side – recover on LF - RF cross over
7 & 8	LF rock L side – recover on RF – LF cross over

Step, touch, (R+L), 1/2 rumba box forward, Step, touch, (L+R), 1/2 rumba box back

1 &	RF step R side – LF touch next
2 &	LF step L side – RF touch next
3 & 4	RF step R side – LF close – RF step forward
5 &	LF step L side – RF touch next
6 &	RF stap R side – LF touch next
7 & 8	LF step L side – RF close – LF step back

Step back, touch forward, step forward, 1/2 turn L shuffle back, Step back, touch forward, step forward, 1/4 turn R chassé L

1 & 2	RF step back – LF touch in front – LF step forward
3 & 4	(1/2 turn L) RF step back– LF close – RF step back
5 & 6	LF step back – RF touch in front – RF step forward
7 & 8	(1/4 turn R) LF step L side – RF close – LF step L side

Cross mambo (R+L), step, pivot 1/2 L, step, Shuffle forward

1 & 2	RF cross rock over LF – Recover on LF – RF step R side
3 & 4	LF cross rock over RF – Recover on RF – LF step L side
5 & 6	RF step forward – RF+LF turn 1/2 L - RF step forward
7 & 8	LF step forward – RF close – LF step forward

Start over again and enjoy !

Tag [3]: After the 5th wall:

1.	Stomp your RF
2.	Stomp your LF

Finish: [9]
RF step back and turn 1/4 R [12]