

# Dance Your Pain Away

**COPPER** **NOB**  
BY STEPHANIE

**Count:** 64

**Wand:** 2

**Ebene:** Intermediate

**Choreograf/in:** Marian van der Heijden (NL) & Ciska Teunis (NL) - September 2021

**Musik:** Dance Your Pain Away - Agnetha Fältskog



**Intro: 32 counts (starts on song)**

**Out-out, step back, touch, step fwd, step fwd 1/2 turn L, step back, touch**

- 1 - 2 RF step diag. forward - LF step diag. forward
- 3 - 4 RF step back - LF touch next
- 5 - 6 LF step fwd - RF step fwd 1/2 L
- 7 - 8 LF step back - RF touch next

**Rock fwd, recover, coaster step (x2, R & L)**

- 1 - 2 RF rock fwd - recover on LF
- 3 & 4 RF step back - LF close - RF step forward
- 5 - 6 LF rock fwd - recover on RF
- 7 & 8 LF step back - RF close - LF step forward

**Side points, forward points, side point, close 1/4 R, shuffle forward**

- 1 & RF point R side - RF close
- 2 & LF point L side - LF close
- 3 & RF point fwd - RF close
- 4 & LF point fwd - LF close
- 5 - 6 RF point R side - RF close 1/4 R
- 7 & 8 LF step forward - RF close - LF step forward

**Side, behind-side-cross, side, cross rock behind, recover 1/4 L, shuffle forward**

- 1 RF step aside
- 2 & 3 LF cross behind - RF step aside - LF cross over
- 4 RF step aside
- 5 - 6 LF cross rock behind - recover on RF 1/4 turn L
- 7 & 8 LF step forward - RF close - LF step forward

**Samba steps R & L, rock forward, recover, shuffle 1/2 turn R**

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

**Samba steps L & R, rock forward, Recover, shuffle 1/2 turn L**

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

**Side rock, recover, behind-side-cross, Side rock, recover, coaster step**

- 1 - 2 RF rock R side - recover on LF
- 3 & 4 RF cross behind - LF step aside - RF cross over
- 5 - 6 LF rock L side - recover on RF -
- 7 & 8 LF step back - RF close - LF step forward

**Kick-ball-points R & L, step, pivot 1/2 turn L, step, pivot 1/2 turn L**

- 1 & 2 RF kick fwd - RF step on ball - LF point L side
  - 3 & 4 LF kick fwd - LF step on ball - RF point R side
  - 5 - 6 RF step fwd - RF+LF turn 1/2 L
  - 7 - 8 RF step fwd - RF+LF turn 1/2 L
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