

# Dance Away The Pain

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Karl-Harry Winson (UK) - July 2013

Music: Dance Your Pain Away - Agnetha Fältskog : (Album: A - iTunes.co.uk)



**Intro: 32 Count Intro/17 Seconds (Start on main vocals "Nothing you can do")**

**Cross Step. Back Step. Coaster Step. Forward Step. Step. Pivot 1/2 turn. 1/2 Turn Left.**

- 1 – 2 Cross Right over Left. Step back on Left.
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 6 Step forward on Left. Step Forward on Right.
- 7 – 8 Pivot 1/2 turn Left (6.00). Make 1/2 turn Left stepping back on the Right (12.00).

**Weave Right. Side Rock. Behind-Side. Right Diagonal Shuffle (towards Left Corner).**

- 1&2 Cross step Left behind Right. Step Right to Right side. Cross Left over Right.
- 3 – 4 Rock Right out to Right side. Recover weight on Left.
- 5 – 6 Cross Right behind Left. Step Left to Left side.
- 7&8 Step Right foot forward towards Left diagonal/corner. Close Left beside Right. Step forward on Right (10.30).

**Step. 1/2 turn Right. Ball-Step. Walk Forward. Full turn Left. Step. 1/2 turn.**

- 1 – 2 Step forward on Left. Pivot 1/2 turn Right (4.30 Corner).
- &3-4 Step Left beside Right. Step forward on Right. Walk forward on Left (4.30).
- 5 – 6 Make 1/2 turn Left stepping back on Right (10.30). Make 1/2 turn Left stepping Left forward (4.30).
- 7 – 8 Step forward on Right. Pivot 1/2 turn Left (10.30).

**\*Note: You can replace counts 5 – 6 (Full turn Left) with 2 walks forward stepping: Right, Left.**

**Walk forward. Forward Rock. Behind Step. 1/4 turn Right. Step 1/2 turn. Forward Step.**

- 1-2-3 Walk forward on Right towards Left diagonal (10.30). Rock forward on Left. Recover weight back on Right.
- 4 – 5 Cross Left behind Right straightening up to 12.00 Wall. Make 1/4 turn Right stepping Right forward (3.00).
- 6 – 7 Step Left forward. Pivot 1/2 turn Right (9.00).
- 8 Step forward on Left. (9.00).

**Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.**

- 1 – 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 – 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (3.00).

**Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.**

- 1 – 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 – 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (9.00).

**Step-Lock. Right Lock Step. Step-Lock. Left Kick-Ball-Cross. (Towards Right & Left Diagonals)**

- 1 – 2 Step Right Diagonally forward Right. Lock step Left behind Right.
- 3&4 (Still on Right Diagonal) Step forward on Right. Lock step Left behind Right. Step forward on Right.
- 5 – 6 Step Left Diagonally forward Left. Lock step Right behind Left.

7&8 (Still on Left Diagonal) Kick Left forward. Step ball of Left to Left side. Cross step Right over Left.

**Side Rock. 1/4 turn. Full Turn Right. Forward Rock. 1/2 turn Left. Scuff.**

- 1 – 2 Rock Left to left side. Recover weight on Right making 1/4 turn Right (12.00).
- 3 – 4 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping Right forward.
- 5 – 6 Rock forward on Left. Recover weight back on Right.
- 7 – 8 Make 1/2 turn Left stepping Left forward. Scuff Right beside and slightly across Left (6.00).

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