

# Dance Through The Pain

**COPPER** **NOB**  
BYEPODNETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Lorna Mursell (UK) - August 2013

Music: Dance Your Pain Away - Agnetha Fältskog



**Choreographers Note: This Dance Was Written Specifically As A Floorsplit For Roz Chaplin's Intermediate Dance "Dance Your Pain Away"**

## **CROSS ROCK, REC, CHASSE RIGHT, CROSS ROCK, REC, CHASSE 1/4 TURN LEFT**

- 1-2 Cross rock forward on right, recover on to left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Cross rock forward on left, recover on to right
- 7&8 Step left to left side, close right beside left, step left 1/4 turn left

## **WALK R, WALK L, KICKBALL POINT, FORWARD ROCK, REC, SAILOR 1/4 TURN LEFT**

- 1-2 Walk forward right, walk forward left
- 1&2 Kick right foot forward, step right beside left, point left to left side
- 5-6 Rock forward on left, recover on to right
- 7&8 Cross left behind right making 1/4 turn left, step right beside left, step forward left

## **SIDE ROCK, REC, BEHIND, SIDE, STEP, FORWARD ROCK, REC, COASTER STEP**

- 1-2 Rock right to right side, recover on to left
- 3&4 Cross right behind left, step left to left side, step right forward
- 5-6 Rock forward on left, recover on to right
- 7&8 Step back on left, step right beside left, step left forward

## **CROSS, SIDE, BEHIND, POINT X 2**

- 1-2 Cross right over left, step left to left side
  - 3-4 Step right behind left, point left toe diagonally back
  - 5-6 Cross left over right, step right to right side
  - 7-8 Step left behind right, point right toe diagonally back
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