

# Dance Your Pain Away

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Kathryn Sloan (AUS) & Linda Wolfe (AUS) - September 2013

**Music:** Dance Your Pain Away (Patrolia Mix Edit) - Agnetha Fältskog : (Album: A - iTunes)



---

**Starts 32 counts in with weight on left. 127 BPM**

**[1-8] Rock, replace, ¾ shuffle right, rock, replace, ¾ triple step**

1,2,3&4 Rock forward on R, replace weight to L, turning 270° right shuffle forward R,L, R

5,6,7&8 Rock forward on L, replace weight to R, turning 270° left triple step on the spot L,R,L

**[9-16] Right cross samba, left cross samba, jazz box turning ½ right**

1&2,3&4 Cross R over L, Rock L to left side, replace weight to R, cross L over R, Rock R to right side, replace weight to L

5,6,7,8 Cross R over L, turning 90° right step L back, turning 90° right step R forward, step L forward

**[17-24] Kick, ball step, kick, ball step, rock, replace 1 ½ triple step**

1&2,3&4 Kick R forward, step R beside L, step L forward, kick R forward, step R beside L, step L forward

5,6,7&8 Rock R forward, replace weight to left, turning 540° step R,L,R

**[25-32] Rock, replace, coaster step, step forward, pivot ¼, cross shuffle**

1,2,3&4 Rock forward on L, replace weight to right, step L back, step R beside L, step L forward

5,6,7,&8 Step R forward, pivot 90° left, step R across L, step L to Left side, step R across L

**[33-40] Point, hold, modified monterey, hold, and, point, and, step, touch**

1,2,&3&4 Point L to left side, hold, step L beside R, touch R to right side, bring R beside L turning 180° point L to left side

5&6&7,8 hold, step L beside R, touch R to right side, step R beside L, step L forward, touch R beside L

**[41-48] Rock, replace, ½ shuffle, turn ¼ shuffle back, touch unwind half**

1,2,3&4 Rock forward on R, replace weight to L, turning 180° shuffle R,L,R

5&6,7,8 Turning 90° right shuffle back L,R,L, touch R back, turn 180° right (weight on L, lifting R foot)

**[49-56] Point, hold, and, point, hold, and, rock replace coaster step**

1,2,&3,4 Point R to right side, hold, step R beside L, point L to left side, hold

&5,6,7&8 Step L beside R, rock forward on R, replace weight to L, step R back, step L beside R, step R forward

**[57-64] Pivot ½, step forward, ½ turn, ½ turning shuffle, pivot ½**

1, 2,3,4 Step forward on L, pivot 180° right, Step L forward, turning 180° step back on R,

5&6,7,8 Turning 180° shuffle forward L,R,L, step R forward, pivot 180° left

**Contacts: -**

Kathryn 0402 219 272 – [happykaf@yahoo.com](mailto:happykaf@yahoo.com)

Linda 0414 420 0807 - [lindymoo@bigpond.com](mailto:lindymoo@bigpond.com)

---