

# Dance Your Pain Away

**COPPER** **NOB**  
BY STEPHEN

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Roz Chaplin (UK) - June 2013

**Musique:** Dance Your Pain Away - Agnetha Fältskog : (CD: A - iTunes)



## 32 Count Intro

### **SIDE ROCK, CROSS SHUFFLE, SIDE, TOGETHER, LEFT FORWARD SHUFFLE**

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Step left to left side, close right beside left
- 7&8 Step left forward, close right beside left, step left forward

### **SIDE, TOGETHER, RIGHT FORWARD SHUFFLE, FORWARD ROCK, SHUFFLE ½ TURN**

- 1-2 Step right to right side, close left beside right
- 3&4 Step forward right, close left beside right, step forward right
- 5-6 Rock forward on left, recover onto right
- 7&8 Shuffle ½ turn left stepping – left, right, left (6)

### **CROSS, SIDE, SAILOR ¼ TURN, STEP, PIVOT ½ TURN, KICK BALL CHANGE**

- 1-2 Cross right over left, step left to left side
- 3&4 Turn ¼ right crossing right behind left, step left to left side, step right forward (9)
- 5-6 Step forward on left, pivot ½ turn right (3)
- 7&8 Kick left forward, step left beside right, step right in place

### **CROSS ROCK, LEFT CHASSE, BACK ROCK, RIGHT CHASSE**

- 1-2 Cross rock left over right, recover onto right
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Cross right behind left, recover onto left
- 7&8 Step right to right side, close left beside right, step right to right side

### **CROSS, POINT, BACK, SWEEP, WALK BACK, BACK, COASTER STEP**

- 1-2 Cross left over right, point right to right side
- 3-4 Step back on right, sweep left from front to back
- 5-6 Step back on left, step back on right
- 7&8 Step back on left, step right beside left, step forward on left

### **JAZZ BOX CROSS, SIDE DRAG, KICK BALL STEP**

- 1-4 Cross right over left, step back on left, step right to right side, cross left over right
- 5-6 Step right to right side, drag left beside right
- 7&8 Kick left foot forward, step left beside right, step right slightly forward

### **FORWARD ROCK, COASTER STEP, PADDLE ¼ X2,**

- 1-2 Rock forward on left, recover onto right
- 3&4 Step back on left, step right beside left, step forward on left
- 5-8 Step forward on right paddle ¼ turn, step forward on right, paddle ¼ turn (weight on left) (9)

### **WALK RIGHT, LEFT, SAMBA STEP X2, WALK RIGHT, LEFT**

- 1-2 Step forward right, step forward left
- 3&4 Cross right over left, rock left to left side, recover onto right
- 5&6 Cross left over right, rock right to right side, recover onto left
- 7-8 Walk forward right, walk forward left

