

# Dance Your Pain Away

COPPER KNOB  
BY STEPHENETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Wrangler (Rozanne) Wild (AUS) - April 2015  
音乐: Dance Your Pain Away - Agnetha Fältskog : (CD: A)



#32 count introduction. Start on vocals. Turns anticlockwise.

## [1-8] FWD COASTER, REVERSE PIVOT, HIP BUMPS BACK, FWD, BACK L, R

1&2,3,4      Step R fwd, L together, R back, touch L back turn ½ L 6.00  
5&6,7&8      Step L back & bump hips back, fwd, back, step R back & bump hips back, fwd, back

## [9-16] STEP L OVER R, HEEL JACK, BALL CROSS, STEP L SIDE, TAP R TOG, OUT, STEP, SAILOR ¼ L

1&2&3,4      Cross L over R, step R back, touch L heel 45 deg L, step L back, step R over L, step L side  
5&6,7&8      Tap R beside L, tap R slightly further out, step R slightly further out, L sailor turning ¼ left  
3.00

## [&17-24] BALL STEP, 1/4 TURN L, 1/2 TURN L, POINT R SIDE, 1/4 TURN R, 1/2 TURN R, 1/2 TURN SHUFFLE

&1,2,3,4      Step R beside L, step L forward, turn ¼ L step R side, turn ½ turn L, point R side 6.00  
5,6,7&8      Turn ¼ R stepping R fwd, turn ½ R stepping L back, ½ turn R shuffle RLR (or 1 ½ spin) 9.00

## [25-32] STEP L FWD, KICK R, CROSS R OVER L, BACK L, R, TOUCH L OVER R, FULL TURN, R SIDE ROCK CROSS

1,2,3&4      Step L forward, kick R, cross R over L, step L back, step R slightly back  
5,6,7&8      Touch L over R, full turn R on ball of L, rock R to side, replace weight L, step R over L

## [&33-40] STEP L SIDE & POINT, HOLD, 1/2 MONTEREY R, STEP L BESIDE R, TOUCH R HEEL FWD, TOG, L FWD, R TOG, BALL STEP L, R, L TOG,

&1,2&3      Step L to side, point R to side, Hold. Drag R in beside L, turning ½ R point L to side 3.00  
&4&      Step L beside R, touch R heel fwd, step R beside L  
5,6&7,8      Step L forward, step R beside L, step back on ball of L, step R forward, step L beside R

## [&41-48] R BALL STEP, R FWD, L BEHIND R, R FWD, L FWD, ROCK R FWD, ROCK L BACK, COASTER R

&1,2,3&4      Step back ball of R, step L fwd, step R fwd, step L behind R, step R fwd, step L fwd  
5,6,7&8      Rock R fwd, rock back on to L, step R back, L together, R fwd (or full turn triple R)

## [49-56] ROCK L OVER R, REPLACE, BALL CROSS, 1/4 R, 1/2 R, 1/4 R, SIDE SHUFFLE, DRAG R TO L

1,2&3,4      Cross rock L over R, replace weight R, step L back, step R over L, 1/4 turn R stepping L back  
5,6&7,8      Turn ½ R stepping R fwd, turn ¼ R side shuffle (L side, R tog, L side), drag R to L (wt L)

## [&57-64] R BACK, X SHUFFLE L OVER R, STEP R SIDE, TOUCH L BEHIND, UNWIND ½ L, TOUCH R HEEL FWD, TOG, TOUCH L HEEL FWD, TOG, STRIDE STEP R FWD, STEP L BESIDE R

&1&2&3,4      Step R back, cross shuffle L over R, step R to side (&), touch L behind R, unwind ½ L 9.00  
5&6&      Touch R heel forward, step R beside L, touch L heel forward, step L beside R,  
7,8      Stride step R forward, step L beside R

START AGAIN...

Many thanks to my BFF Sally for providing this track (& pushing me into doing something with it!)

ENJOY!

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