

# Dance Your Pain Away

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

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: 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

