

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

