

Dance Away The Pain

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - July 2013
音乐: Dance Your Pain Away - Agnetha Fältskog : (Album: A - iTunes.co.uk)



Intro: 32 Count Intro/17 Seconds (Start on main vocals "Nothing you can do")

Cross Step. Back Step. Coaster Step. Forward Step. Step. Pivot 1/2 turn. 1/2 Turn Left.

- 1 – 2 Cross Right over Left. Step back on Left.
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 6 Step forward on Left. Step Forward on Right.
- 7 – 8 Pivot 1/2 turn Left (6.00). Make 1/2 turn Left stepping back on the Right (12.00).

Weave Right. Side Rock. Behind-Side. Right Diagonal Shuffle (towards Left Corner).

- 1&2 Cross step Left behind Right. Step Right to Right side. Cross Left over Right.
- 3 – 4 Rock Right out to Right side. Recover weight on Left.
- 5 – 6 Cross Right behind Left. Step Left to Left side.
- 7&8 Step Right foot forward towards Left diagonal/corner. Close Left beside Right. Step forward on Right (10.30).

Step. 1/2 turn Right. Ball-Step. Walk Forward. Full turn Left. Step. 1/2 turn.

- 1 – 2 Step forward on Left. Pivot 1/2 turn Right (4.30 Corner).
- &3-4 Step Left beside Right. Step forward on Right. Walk forward on Left (4.30).
- 5 – 6 Make 1/2 turn Left stepping back on Right (10.30). Make 1/2 turn Left stepping Left forward (4.30).
- 7 – 8 Step forward on Right. Pivot 1/2 turn Left (10.30).

***Note: You can replace counts 5 – 6 (Full turn Left) with 2 walks forward stepping: Right, Left.**

Walk forward. Forward Rock. Behind Step. 1/4 turn Right. Step 1/2 turn. Forward Step.

- 1-2-3 Walk forward on Right towards Left diagonal (10.30). Rock forward on Left. Recover weight back on Right.
- 4 – 5 Cross Left behind Right straightening up to 12.00 Wall. Make 1/4 turn Right stepping Right forward (3.00).
- 6 – 7 Step Left forward. Pivot 1/2 turn Right (9.00).
- 8 Step forward on Left. (9.00).

Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.

- 1 – 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 – 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (3.00).

Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.

- 1 – 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 – 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (9.00).

Step-Lock. Right Lock Step. Step-Lock. Left Kick-Ball-Cross. (Towards Right & Left Diagonals)

- 1 – 2 Step Right Diagonally forward Right. Lock step Left behind Right.
- 3&4 (Still on Right Diagonal) Step forward on Right. Lock step Left behind Right. Step forward on Right.
- 5 – 6 Step Left Diagonally forward Left. Lock step Right behind Left.

7&8 (Still on Left Diagonal) Kick Left forward. Step ball of Left to Left side. Cross step Right over Left.

Side Rock. 1/4 turn. Full Turn Right. Forward Rock. 1/2 turn Left. Scuff.

- 1 – 2 Rock Left to left side. Recover weight on Right making 1/4 turn Right (12.00).
- 3 – 4 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping Right forward.
- 5 – 6 Rock forward on Left. Recover weight back on Right.
- 7 – 8 Make 1/2 turn Left stepping Left forward. Scuff Right beside and slightly across Left (6.00).

Contact: karlwinsondance@hotmail.com or 07792984427

Last Revision - 19th July 2013
