

Dance Your Pain Away (Easily)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sandra Speck (UK) - August 2013
音乐: Dance Your Pain Away - Agnetha Fältskog : (CD: A)



Intro: 32 Counts From Heavy Beat-Approx 17 secs

CROSS ROCK CHASSE, CROSS SIDE BEHIND SIDE

1 – 2 Cross right foot over left, recover on to left foot
3&4 Step right foot to side, close left foot next to right, step right foot to side
5 – 6 Cross left foot over right, step right to side
7 – 8 Cross left foot behind right, step right foot to side

CROSS ROCK CHASSE, CROSS SIDE BEHIND ¼ LEFT

1 – 2 Cross left foot over right, recover on to right foot
3&4 Step left to left side, close right foot next to left, step left foot to left side
5 – 6 Cross right foot over left, step left foot to left side
7 – 8 Cross right foot behind left, turn ¼ left stepping forward on left foot (9 o'clock)

CROSS POINT, CROSS POINT, BACK SWEEP BEHIND SIDE

1 – 2 Cross right foot over left, point left toe to left side
3 – 4 Cross left foot over right, point right toe to right side
5 – 6 Cross right foot behind left, sweep left foot out from front to back
7 – 8 Cross left foot behind right, step right foot to right side

CROSS ROCK, SIDE TOUCH, ¼ RIGHT TOUCH, ¼ LEFT SCUFF

1 – 2 Cross left foot over right, recover on to right foot
3 – 4 Step left foot to left side, touch right foot next to left
5 – 6 Turn ¼ right stepping forward on right foot, touch left next to right (12 o'clock)
7 – 8 Turn ¼ turn left stepping left foot to side, scuff right foot next to left (9 o'clock)

START AGAIN

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