

Dance Your Pain Away

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Caroline Cooper (UK) - January 2014
音乐: Dance Your Pain Away - Agnetha Fältskog



32 Count Intro

SECTION ONE: SIDE TOUCH X 2, ¼ SHUFFLE, STEP HALF

1-2 Step right to right side, touch left next to right
3-4 Step left to left side, touch right next to left
5&6 ¼ right stepping forward right, bring left next to right, step forward right
7-8 Step forward left, ½ turn right

SECTION TWO: STEP, KICK BALL STEP, STEP, KICK BALL STEP, STEP

1-2& Step forward left, kick right forward, Step down on right
3-4 Change weight to left, change weight to right,
5-6& Step forward left, kick right forward, step down on right
7-8 Change weight to left, change weight to right

SECTION THREE: ROCK FORWARD, RECOVER, SHUFFLE ½ TURN, CROSS OUT, OUT, CROSS OUT OUT

1-2 Step forward left, recover right
3&4 ½ turn left stepping forward left, bring right next to left, step forward left
5&6 Step right over left, step left to left side, step right to right side
7&8 Step left over right, step right to right side, step left to left side

SECTION FOUR: RIGHT ¼ HEEL GRIND, RIGHT COASTER, KICK LEFT FORWARD, SIDE, & POINT RIGHT, FLICK

1-2 Right heel forward, grind ¼ turn right, stepping back left
3&4 Step back right, step back left, step forward right
5-6 Kick left foot forward, kick left foot to left side
&7-8 Step left next to right, point right to right side, then flick right heel back

SECTION FIVE: CROSS ROCK CHASSE, CROSS ROCK CHASSE

1-2 Cross right over left, recover weight left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross left over right, recover weight right
7&8 Step left to left side, step right next to left, step left to left side

SECTION SIX: BACK ROCK, SIDE TOUCH, SIDE HOLD, & SIDE TOUCH

1-2 Rock right behind left, recover weight left
3-4 Step right to right side, touch left next to right
5-6 Step left to left side, hold
&7-8 Bring right next to left, step left to left side, touch right next to left

SECTION SEVEN: ¼ TURN RIGHT, TOUCH, ½ TURN RIGHT, TOUCH, BACK ROCK, SHUFFLE FORWARD

1-2 ¼ turn right stepping forward right, touch left next to right
3-4 ½ turn right stepping back left, touch right next to left
5-6 Rock back right, recover weight left
7&8 Step forward right, bring left next to right, step forward right

SECTION EIGHT: LEFT SIDE TOGETHER, SHUFFLE FORWARD, STEP ½ LEFT, STEP ¼ LEFT

- 1-2 Step left to left side, bring right next to left
- 3&4 Step forward left, bring right next to left, step forward left
- 5-6 Step forward right, $\frac{1}{2}$ turn left stepping forward left
- 7-8 Step forward right, $\frac{1}{4}$ pivot left (6)

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