

Dance Your Pain Away

COPPERKNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Marian van der Heijden (NL) & Ciska Teunis (NL) - September 2021
音樂: Dance Your Pain Away - Agnetha Fältskog



Intro: 32 counts (starts on song)

Out-out, step back, touch, step fwd, step fwd 1/2 turn L, step back, touch

1 - 2 RF step diag. forward - LF step diag. forward
3 - 4 RF step back - LF touch next
5 - 6 LF step fwd - RF step fwd 1/2 L
7 - 8 LF step back - RF touch next

Rock fwd, recover, coaster step (x2, R & L)

1 - 2 RF rock fwd - recover on LF
3 & 4 RF step back - LF close - RF step forward
5 - 6 LF rock fwd - recover on RF
7 & 8 LF step back - RF close - LF step forward

Side points, forward points, side point, close 1/4 R, shuffle forward

1 & RF point R side - RF close
2 & LF point L side - LF close
3 & RF point fwd - RF close
4 & LF point fwd - LF close
5 - 6 RF point R side - RF close 1/4 R
7 & 8 LF step forward - RF close - LF step forward

Side, behind-side-cross, side, cross rock behind, recover 1/4 L, shuffle forward

1 RF step aside
2 & 3 LF cross behind - RF step aside - LF cross over
4 RF step aside
5 - 6 LF cross rock behind - recover on RF 1/4 turn L
7 & 8 LF step forward - RF close - LF step forward

Samba steps R & L, rock forward, recover, shuffle 1/2 turn R

1 & 2 RF cross over - LF rock L side - recover on RF
3 & 4 LF cross over - RF rock R side - recover on LF
5 - 6 RF rock fwd - recover on LF
7 & 8 RF step back 1/4 R - LF close - RF step forward 1/4 R

Samba steps L & R, rock forward, Recover, shuffle 1/2 turn L

1 & 2 LF cross over - RF rock R side - recover on LF
3 & 4 RF cross over - LF rock L side - recover on RF
5 - 6 LF rock fwd - recover on RF
7 & 8 LF step back 1/4 L - RF close - LF step forward 1/4 L

Side rock, recover, behind-side-cross, Side rock, recover, coaster step

1 - 2 RF rock R side - recover on LF
3 & 4 RF cross behind - LF step aside - RF cross over
5 - 6 LF rock L side - recover on RF -
7 & 8 LF step back - RF close - LF step forward

Kick-ball-points R & L, step, pivot 1/2 turn L, step, pivot 1/2 turn L

- 1 & 2 RF kick fwd - RF step on ball - LF point L side
 - 3 & 4 LF kick fwd - LF step on ball - RF point R side
 - 5 - 6 RF step fwd - RF+LF turn 1/2 L
 - 7 - 8 RF step fwd - RF+LF turn 1/2 L
-