

# Dance Your Pain Away

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Phil Carpenter (UK) - May 2013  
音樂: Dance Your Pain Away - Agnetha Fältskog



## 32 Count Intro.

### Section 1: Left Rock Forward, Recover, Left Coaster Cross, Side Behind, Chasse Right.

- 1 – 2      Left Rock Forward, Recover Weight On Right.
- 3 & 4      Left Step Back, Right Step Beside Left, Left Cross Over Right.
- 5 - 6      Right Step To Right Side, Left Cross Behind Right.
- 7 & 8      Right Step To Right Side, Left Step Beside Right, Right Step To Right Side.

### Section 2: Left Toe Touch, Left Heel Dig With ¼ Turn Left, Left Shuffle Forward, Right Rock Forward, Recover, Right Touch Back, ½ Turn Right.

- 9      Left Toe Touch Next To Right Instep Whilst Turning Body Diagonally Right.
- 10      Left Heel Dig Whilst Turning Body ¼ Turn Left (9.00)
- 11 & 12      Left Step Forward, Right Step Beside Left, Left Step Forward.
- 13 - 14      Right Rock Forward, Recover Weight On Left.
- 15 - 16      Right Foot Touch Back, ½ Turn Right. (3.00) W.O.R.

### Section 3: Swivel ½ Turn Left, Swivel ½ Turn Right, Left Step Forward, Pivot ½ Right, Left Shuffle Forward, Full Turn Left Travelling Forward.

- 17 - 18      On Balls Of Both Feet, Swivel ½ Turn Left (9.00), Swivel ½ Turn Right (3.00).
- 19 - 20      Left Step Forward, Pivot ½ Turn Right (9.00) W.O.R.
- 21 & 22      Left Step Forward, Right Step Beside Left, Left Step Forward.
- 23 – 24      Right Step Forward Turning ½ Turn Left, Left Step Back Turning ½ Turn Left  
(Full Left Turn Complete (9.00), Easier Option, Walk Forward, Right, Left.)

### Section 4: Right Shuffle Forward, Left Step Forward, Pivot ½ Turn Right, Left Kick & Point Right, Right Kick & Point Left.

- 25 & 26      Right Step Forward, Left Step Beside Right, Right Step Forward.
- 27 – 28      Left Step Forward, Pivot ½ Turn Right. (3.00)
- 29 & 30      Left Kick Forward, Left Step Beside Right, Right Point To Right Side.
- 31 & 32      Right Kick Forward, Right Step Beside Right, Left Point To Left Side.

## Start Dance Again Facing New Wall

## Enjoy And Have Fun

Contact - Tel: 01737 249368 - Mobile 07931 164028 - E/Mail; Philipcarpenter7@Sky.Com