

# Dance Through The Pain

**COPPER** KNOB  
STEPSHETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Lorna Mursell (UK) - August 2013  
音樂: Dance Your Pain Away - Agnetha Fältskog



**Choreographers Note: This Dance Was Written Specifically As A Floorsplit For Roz Chaplin's Intermediate Dance "Dance Your Pain Away"**

## **CROSS ROCK, REC, CHASSE RIGHT, CROSS ROCK, REC, CHASSE 1/4 TURN LEFT**

1-2            Cross rock forward on right, recover on to left  
3&4           Step right to right side, close left beside right, step right to right side  
5-6           Cross rock forward on left, recover on to right  
7&8           Step left to left side, close right beside left, step left 1/4 turn left

## **WALK R, WALK L, KICKBALL POINT, FORWARD ROCK, REC, SAILOR 1/4 TURN LEFT**

1-2            Walk forward right, walk forward left  
1&2           Kick right foot forward, step right beside left, point left to left side  
5-6           Rock forward on left, recover on to right  
7&8           Cross left behind right making 1/4 turn left, step right beside left, step forward left

## **SIDE ROCK, REC, BEHIND, SIDE, STEP, FORWARD ROCK, REC, COASTER STEP**

1-2            Rock right to right side, recover on to left  
3&4           Cross right behind left, step left to left side, step right forward  
5-6           Rock forward on left, recover on to right  
7&8           Step back on left, step right beside left, step left forward

## **CROSS, SIDE, BEHIND, POINT X 2**

1-2            Cross right over left, step left to left side  
3-4           Step right behind left, point left toe diagonally back  
5-6           Cross left over right, step right to right side  
7-8           Step left behind right, point right toe diagonally back

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