

Dance Through The Pain

COPPER **NOB**
STEPSHEETS

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
