

Dance Your Pain Away

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kathryn Sloan (AUS) & Linda Wolfe (AUS) - September 2013
音樂: Dance Your Pain Away (Patrolla Mix Edit) - Agnetha Fältskog : (Album: A - iTunes)



Starts 32 counts in with weight on left. 127 BPM

[1-8] Rock, replace, ¾ shuffle right, rock, replace, ¾ triple step

1,2,3&4 Rock forward on R, replace weight to L, turning 270° right shuffle forward R,L, R
5,6,7&8 Rock forward on L, replace weight to R, turning 270° left triple step on the spot L,R,L

[9-16] Right cross samba, left cross samba, jazz box turning ½ right

1&2,3&4 Cross R over L, Rock L to left side, replace weight to R, cross L over R, Rock R to right side, replace weight to L
5,6,7,8 Cross R over L, turning 90° right step L back, turning 90° right step R forward, step L forward

[17-24] Kick, ball step, kick, ball step, rock, replace 1 ½ triple step

1&2,3&4 Kick R forward, step R beside L, step L forward, kick R forward, step R beside L, step L forward
5,6,7&8 Rock R forward, replace weight to left, turning 540° step R,L,R

[25-32] Rock, replace, coaster step, step forward, pivot ¼, cross shuffle

1,2,3&4 Rock forward on L, replace weight to right, step L back, step R beside L, step L forward
5,6,7,&8 Step R forward, pivot 90° left, step R across L, step L to Left side, step R across L

[33-40] Point, hold, modified monterey, hold, and, point, and, step, touch

1,2,&3&4 Point L to left side, hold, step L beside R, touch R to right side, bring R beside L turning 180° point L to left side
5&6&7,8 hold, step L beside R, touch R to right side, step R beside L, step L forward, touch R beside L

[41-48] Rock, replace, ½ shuffle, turn ¼ shuffle back, touch unwind half

1,2,3&4 Rock forward on R, replace weight to L, turning 180° shuffle R,L,R
5&6,7,8 Turning 90° right shuffle back L,R,L, touch R back, turn 180° right (weight on L, lifting R foot)

[49-56] Point, hold, and, point, hold, and, rock replace coaster step

1,2,&3,4 Point R to right side, hold, step R beside L, point L to left side, hold
&5,6,7&8 Step L beside R, rock forward on R, replace weight to L, step R back, step L beside R, step R forward

[57-64] Pivot ½, step forward, ½ turn, ½ turning shuffle, pivot ½

1, 2,3,4 Step forward on L, pivot 180° right, Step L forward, turning 180° step back on R,
5&6,7,8 Turning 180° shuffle forward L,R,L, step R forward, pivot 180° left

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