

# 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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