

Dance Your Pain Away

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Roz Chaplin (UK) June 2013

Music: Dance The Pain Away – Agnetha Faltskog CD: A (iTunes)

32 Count Intro

SIDE ROCK, CROSS SHUFFLE, SIDE, TOGETHER, LEFT FORWARD SHUFFLE

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Step left to left side, close right beside left
- 7&8 Step left forward, close right beside left, step left forward

SIDE, TOGETHER, RIGHT FORWARD SHUFFLE, FORWARD ROCK, SHUFFLE ½ TURN

- 1-2 Step right to right side, close left beside right
- 3&4 Step forward right, close left beside right, step forward right
- 5-6 Rock forward on left, recover onto right
- 7&8 Shuffle ½ turn left stepping – left, right, left (6)

CROSS, SIDE, SAILOR ¼ TURN, STEP, PIVOT ½ TURN, KICK BALL CHANGE

- 1-2 Cross right over left, step left to left side
- 3&4 Turn ¼ right crossing right behind left, step left to left side, step right forward (9)
- 5-6 Step forward on left, pivot ½ turn right (3)
- 7&8 Kick left forward, step left beside right, step right in place

CROSS ROCK, LEFT CHASSE, BACK ROCK, RIGHT CHASSE

- 1-2 Cross rock left over right, recover onto right
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Cross right behind left, recover onto left
- 7&8 Step right to right side, close left beside right, step right to right side

CROSS, POINT, BACK, SWEEP, WALK BACK, BACK, COASTER STEP

- 1-2 Cross left over right, point right to right side

- 3-4** Step back on right, sweep left from front to back
- 5-6** Step back on left, step back on right
- 7&8** Step back on left, step right beside left, step forward on left

JAZZ BOX CROSS, SIDE DRAG, KICK BALL STEP

- 1-4** Cross right over left, step back on left, step right to right side, cross left over right
- 5-6** Step right to right side, drag left beside right
- 7&8** Kick left foot forward, step left beside right, step right slightly forward

FORWARD ROCK, COASTER STEP, PADDLE ¼ X2,

- 1-2** Rock forward on left, recover onto right
- 3&4** Step back on left, step right beside left, step forward on left
- 5-8** Step forward on right paddle ¼ turn, step forward on right, paddle ¼ turn (weight on left)
(9)

WALK RIGHT, LEFT, SAMBA STEP X2, WALK RIGHT, LEFT

- 1-2** Step forward right, step forward left
- 3&4** Cross right over left, rock left to left side, recover onto right
- 5&6** Cross left over right, rock right to right side, recover onto left
- 7-8** Walk forward right, walk forward left