

# Dance Away The Pain

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Karl-Harry Winson (July 2013)

**Music:** "Dance Your Pain Away" by Agnetha Fältskog. Album: "A" [iTunes.co.uk]

**Intro: 32 Count Intro/17 Seconds (Start on main vocals "Nothing you can do")**

**Cross Step. Back Step. Coaster Step. Forward Step. Step. Pivot 1/2 turn. 1/2 Turn Left.**

- 1 - 2      Cross Right over Left. Step back on Left.
- 3&4      Step back on Right. Step Left beside Right. Step forward on Right.
- 5 - 6      Step forward on Left. Step Forward on Right.
- 7 - 8      Pivot 1/2 turn Left (6.00). Make 1/2 turn Left stepping back on the Right (12.00).

**Weave Right. Side Rock. Behind-Side. Right Diagonal Shuffle (towards Left Corner).**

- 1&2      Cross step Left behind Right. Step Right to Right side. Cross Left over Right.
- 3 - 4      Rock Right out to Right side. Recover weight on Left.
- 5 - 6      Cross Right behind Left. Step Left to Left side.
- 7&8      Step Right foot forward towards Left diagonal/corner. Close Left beside Right. Step forward on Right (10.30).

**Step. 1/2 turn Right. Ball-Step. Walk Forward. Full turn Left. Step. 1/2 turn.**

- 1 - 2      Step forward on Left. Pivot 1/2 turn Right (4.30 Corner).
- &3-4      Step Left beside Right. Step forward on Right. Walk forward on Left (4.30).
- 5 - 6      Make 1/2 turn Left stepping back on Right (10.30). Make 1/2 turn Left stepping Left forward (4.30).
- 7 - 8      Step forward on Right. Pivot 1/2 turn Left (10.30).

**\*Note: You can replace counts 5 - 6 (Full turn Left) with 2 walks forward stepping: Right, Left.**

**Walk forward. Forward Rock. Behind Step. 1/4 turn Right. Step 1/2 turn. Forward Step.**

- 1-2-3      Walk forward on Right towards Left diagonal (10.30). Rock forward on Left. Recover weight back on Right.

- 4 - 5 Cross Left behind Right straightening up to 12.00 Wall. Make 1/4 turn Right stepping Right forward (3.00).
- 6 - 7 Step Left forward. Pivot 1/2 turn Right (9.00).
- 8 Step forward on Left. (9.00).

**Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.**

- 1 - 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 - 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (3.00).

**Cross Rock. Right Chasse. Cross Rock. Triple 1/2 turn.**

- 1 - 2 Cross rock Right over Left. Recover weight on Left.
- 3&4 Step Right to Right side. Close Left next to Right. Step Right to Right side.
- 5 - 6 Cross rock Left over Right. Recover weight on Right.
- 7&8 Triple 1/2 turn Left stepping: Left, Right, Left (9.00).

**Step-Lock. Right Lock Step. Step-Lock. Left Kick-Ball-Cross. (Towards Right & Left Diagonals)**

- 1 - 2 Step Right Diagonally forward Right. Lock step Left behind Right.
- 3&4(Still on Right Diagonal) Step forward on Right. Lock step Left behind Right. Step forward on Right.**
- 5 - 6 Step Left Diagonally forward Left. Lock step Right behind Left.
- 7&8(Still on Left Diagonal) Kick Left forward. Step ball of Left to Left side. Cross step Right over Left.**

**Side Rock. 1/4 turn. Full Turn Right. Forward Rock. 1/2 turn Left. Scuff.**

- 1 - 2 Rock Left to left side. Recover weight on Right making 1/4 turn Right (12.00).
- 3 - 4 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping Right forward.
- 5 - 6 Rock forward on Left. Recover weight back on Right.
- 7 - 8 Make 1/2 turn Left stepping Left forward. Scuff Right beside and slightly across Left (6.00).

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