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| Dance Away The Pain |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Karl-Harry Winson (UK) - July 2013 |
| **Music:** | Dance Your Pain Away - Agnetha Fältskog : (Album: A - iTunes.co.uk) |
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**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.**

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| 1 – 2 | Cross Right over Left. Step back on Left. |

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| 3&4 | Step back on Right. Step Left beside Right. Step forward on Right. |

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| 5 – 6 | Step forward on Left. Step Forward on Right. |

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| 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).**

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| 1&2 | Cross step Left behind Right. Step Right to Right side. Cross Left over Right. |

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| 3 – 4 | Rock Right out to Right side. Recover weight on Left. |

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| 5 – 6 | Cross Right behind Left. Step Left to Left side. |

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| 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.**

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| 1 – 2 | Step forward on Left. Pivot 1/2 turn Right (4.30 Corner). |

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| &3-4 | Step Left beside Right. Step forward on Right. Walk forward on Left (4.30). |

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| 5 – 6 | Make 1/2 turn Left stepping back on Right (10.30). Make 1/2 turn Left stepping Left forward (4.30). |

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| 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.**

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

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| 4 – 5 | Cross Left behind Right straightening up to 12.00 Wall. Make 1/4 turn Right stepping Right forward (3.00). |

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| 6 – 7 | Step Left forward. Pivot 1/2 turn Right (9.00). |

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| 8 | Step forward on Left. (9.00). |

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

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| 1 – 2 | Cross rock Right over Left. Recover weight on Left. |

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| 3&4 | Step Right to Right side. Close Left next to Right. Step Right to Right side. |

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| 5 – 6 | Cross rock Left over Right. Recover weight on Right. |

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| 7&8 | Triple 1/2 turn Left stepping: Left, Right, Left (3.00). |

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

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| --- | --- |
| 1 – 2 | Cross rock Right over Left. Recover weight on Left. |

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| 3&4 | Step Right to Right side. Close Left next to Right. Step Right to Right side. |

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| 5 – 6 | Cross rock Left over Right. Recover weight on Right. |

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| 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)**

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| 1 – 2 | Step Right Diagonally forward Right. Lock step Left behind Right. |

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| 3&4 | (Still on Right Diagonal) Step forward on Right. Lock step Left behind Right. Step forward on Right. |

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| 5 – 6 | Step Left Diagonally forward Left. Lock step Right behind Left. |

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| 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.**

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| 1 – 2 | Rock Left to left side. Recover weight on Right making 1/4 turn Right (12.00). |

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| 3 – 4 | Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping Right forward. |

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| 5 – 6 | Rock forward on Left. Recover weight back on Right. |

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| 7 – 8 | Make 1/2 turn Left stepping Left forward. Scuff Right beside and slightly across Left (6.00). |

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**Last Revision - 19th July 2013**