

# Dance Your Pain Away

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Dance Your Pain Away - Agnetha Fältskog



**Intro: 32 counts (starts on song)**

**Out-out, step back, touch, step fwd, step fwd 1/2 turn L, step back, touch**

1 - 2      RF step diag. forward - LF step diag. forward  
3 - 4      RF step back - LF touch next  
5 - 6      LF step fwd - RF step fwd 1/2 L  
7 - 8      LF step back - RF touch next

**Rock fwd, recover, coaster step (x2, R & L)**

1 - 2      RF rock fwd - recover on LF  
3 & 4      RF step back - LF close - RF step forward  
5 - 6      LF rock fwd - recover on RF  
7 & 8      LF step back - RF close - LF step forward

**Side points, forward points, side point, close 1/4 R, shuffle forward**

1 &      RF point R side - RF close  
2 &      LF point L side - LF close  
3 &      RF point fwd - RF close  
4 &      LF point fwd - LF close  
5 - 6      RF point R side - RF close 1/4 R  
7 & 8      LF step forward - RF close - LF step forward

**Side, behind-side-cross, side, cross rock behind, recover 1/4 L, shuffle forward**

1      RF step aside  
2 & 3      LF cross behind - RF step aside - LF cross over  
4      RF step aside  
5 - 6      LF cross rock behind - recover on RF 1/4 turn L  
7 & 8      LF step forward - RF close - LF step forward

**Samba steps R & L, rock forward, recover, shuffle 1/2 turn R**

1 & 2      RF cross over - LF rock L side - recover on RF  
3 & 4      LF cross over - RF rock R side - recover on LF  
5 - 6      RF rock fwd - recover on LF  
7 & 8      RF step back 1/4 R - LF close - RF step forward 1/4 R

**Samba steps L & R, rock forward, Recover, shuffle 1/2 turn L**

1 & 2      LF cross over - RF rock R side - recover on LF  
3 & 4      RF cross over - LF rock L side - recover on RF  
5 - 6      LF rock fwd - recover on RF  
7 & 8      LF step back 1/4 L - RF close - LF step forward 1/4 L

**Side rock, recover, behind-side-cross, Side rock, recover, coaster step**

1 - 2      RF rock R side - recover on LF  
3 & 4      RF cross behind - LF step aside - RF cross over  
5 - 6      LF rock L side - recover on RF -  
7 & 8      LF step back - RF close - LF step forward

**Kick-ball-points R & L, step, pivot 1/2 turn L, step, pivot 1/2 turn L**

- 1 & 2 RF kick fwd - RF step on ball - LF point L side
  - 3 & 4 LF kick fwd - LF step on ball - RF point R side
  - 5 - 6 RF step fwd - RF+LF turn 1/2 L
  - 7 - 8 RF step fwd - RF+LF turn 1/2 L
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