

Dance Your Pain Away

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Wrangler (Rozanne) Wild (AUS) - April 2015
音樂: Dance Your Pain Away - Agnetha Fältskog : (CD: A)



#32 count introduction. Start on vocals. Turns anticlockwise.

[1-8] FWD COASTER, REVERSE PIVOT, HIP BUMPS BACK, FWD, BACK L, R

1&2,3,4 Step R fwd, L together, R back, touch L back turn ½ L 6.00
5&6,7&8 Step L back & bump hips back, fwd, back, step R back & bump hips back, fwd, back

[9-16] STEP L OVER R, HEEL JACK, BALL CROSS, STEP L SIDE, TAP R TOG, OUT, STEP, SAILOR ¼ L

1&2&3,4 Cross L over R, step R back, touch L heel 45 deg L, step L back, step R over L, step L side
5&6,7&8 Tap R beside L, tap R slightly further out, step R slightly further out, L sailor turning ¼ left
3.00

[&17-24] BALL STEP, 1/4 TURN L, 1/2 TURN L, POINT R SIDE, 1/4 TURN R, 1/2 TURN R, 1/2 TURN SHUFFLE

&1,2,3,4 Step R beside L, step L forward, turn ¼ L step R side, turn ½ turn L, point R side 6.00
5,6,7&8 Turn ¼ R stepping R fwd, turn ½ R stepping L back, ½ turn R shuffle RLR (or 1 ½ spin) 9.00

[25-32] STEP L FWD, KICK R, CROSS R OVER L, BACK L, R, TOUCH L OVER R, FULL TURN, R SIDE ROCK CROSS

1,2,3&4 Step L forward, kick R, cross R over L, step L back, step R slightly back
5,6,7&8 Touch L over R, full turn R on ball of L, rock R to side, replace weight L, step R over L

[&33-40] STEP L SIDE & POINT, HOLD, 1/2 MONTEREY R, STEP L BESIDE R, TOUCH R HEEL FWD, TOG, L FWD, R TOG, BALL STEP L, R, L TOG,

&1,2&3 Step L to side, point R to side, Hold. Drag R in beside L, turning ½ R point L to side 3.00
&4& Step L beside R, touch R heel fwd, step R beside L
5,6&7,8 Step L forward, step R beside L, step back on ball of L, step R forward, step L beside R

[&41-48] R BALL STEP, R FWD, L BEHIND R, R FWD, L FWD, ROCK R FWD, ROCK L BACK, COASTER R

&1,2,3&4 Step back ball of R, step L fwd, step R fwd, step L behind R, step R fwd, step L fwd
5,6,7&8 Rock R fwd, rock back on to L, step R back, L together, R fwd (or full turn triple R)

[49-56] ROCK L OVER R, REPLACE, BALL CROSS, 1/4 R, 1/2 R, 1/4 R, SIDE SHUFFLE, DRAG R TO L

1,2&3,4 Cross rock L over R, replace weight R, step L back, step R over L, 1/4 turn R stepping L back
5,6&7,8 Turn ½ R stepping R fwd, turn ¼ R side shuffle (L side, R tog, L side), drag R to L (wt L)

[&57-64] R BACK, X SHUFFLE L OVER R, STEP R SIDE, TOUCH L BEHIND, UNWIND ½ L, TOUCH R HEEL FWD, TOG, TOUCH L HEEL FWD, TOG, STRIDE STEP R FWD, STEP L BESIDE R

&1&2&3,4 Step R back, cross shuffle L over R, step R to side (&), touch L behind R, unwind ½ L 9.00
5&6& Touch R heel forward, step R beside L, touch L heel forward, step L beside R,
7,8 Stride step R forward, step L beside R

START AGAIN...

Many thanks to my BFF Sally for providing this track (& pushing me into doing something with it!)

ENJOY!

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