

Dance Your Pain Away

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Wrangler (Rozanne) Wild.. April 2015

Music: Dance Your Pain Away by Agnetha Faltskog (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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ L step R side, turn $\frac{1}{2}$ turn L, point R side 6.00

5,6,7&8 Turn $\frac{1}{4}$ R stepping R fwd, turn $\frac{1}{2}$ R stepping L back, $\frac{1}{2}$ turn R shuffle RLR (or 1 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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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