

Dance Away The Pain

64 Count, 2 Wall, Intermediate

Choreographer: Karl-Harry Winson (UK) July 2013

Choreographed to: Dance Your Pain Away by Agnetha
Fältskog, Album 'A'

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

S1 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).

S2 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).

S3 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.

S4 Walk forward. Forward Rock. Behind Step. 1/4 turn Right. Step 1/2 turn. 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).

S5 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).

S6 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).

S7 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.

S8 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).

Music download available from iTunes