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Dance Your Pain Away

32 Count, 4 Wall, Improver

Choreographer: Phil Carpenter (UK) May 2013

Choreographed to: Dance Your Pain Away by Agnetha Faltskog, Album: A (128 bpm iTunes)

32 Count intro

- 1 LEFT ROCK FORWARD, RECOVER, LEFT COASTER CROSS, SIDE BEHIND, CHASSE RIGHT.**
1 – 2 LEFT ROCK FORWARD, RECOVER WEIGHT ON RIGHT.
3 & 4 LEFT STEP BACK, RIGHT STEP BESIDE LEFT, LEFT CROSS OVER RIGHT.
5 - 6 RIGHT STEP TO RIGHT SIDE, LEFT CROSS BEHIND RIGHT.
7 & 8 RIGHT STEP TO RIGHT SIDE, LEFT STEP BESIDE RIGHT, RIGHT STEP TO RIGHT SIDE.
- 2 LEFT TOE TOUCH, LEFT HEEL DIG WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, RIGHT ROCK FORWARD, RECOVER, RIGHT TOUCH BACK, ½ TURN RIGHT.**
9 LEFT TOE TOUCH NEXT TO RIGHT INSTEP WHILST TURNING BODY DIAGONALLY RIGHT.
10 LEFT HEEL DIG WHILST TURNING BODY ¼ TURN LEFT (9.00)
11 & 12 LEFT STEP FORWARD, RIGHT STEP BESIDE LEFT, LEFT STEP FORWARD.
13 - 14 RIGHT ROCK FORWARD, RECOVER WEIGHT ON LEFT.
15 - 16 RIGHT FOOT TOUCH BACK, ½ TURN RIGHT. (3.00) W.O.R.
- 3 SWIVEL ½ TURN LEFT, SWIVEL ½ TURN RIGHT, LEFT STEP FORWARD, PIVOT ½ RIGHT, LEFT SHUFFLE FORWARD, FULL TURN LEFT TRAVELLING FORWARD.**
17 - 18 ON BALLS OF BOTH FEET, SWIVEL ½ TURN LEFT (9.00), SWIVEL ½ TURN RIGHT (3.00).
19 - 20 LEFT STEP FORWARD, PIVOT ½ TURN RIGHT (9.00) W.O.R.
21 & 22 LEFT STEP FORWARD, RIGHT STEP BESIDE LEFT, LEFT STEP FORWARD.
23 – 24 RIGHT STEP FORWARD TURNING ½ TURN LEFT, LEFT STEP BACK TURNING ½ TURN LEFT (FULL LEFT TURN COMPLETE (9.00), EASIER OPTION, WALK FORWARD, RIGHT, LEFT.)
- 4 RIGHT SHUFFLE FORWARD, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT, LEFT KICK & POINT RIGHT, RIGHT KICK & POINT LEFT.**
25 & 26 RIGHT STEP FORWARD, LEFT STEP BESIDE RIGHT, RIGHT STEP FORWARD.
27 – 28 LEFT STEP FORWARD, PIVOT ½ TURN RIGHT. (3.00)
29 & 30 LEFT KICK FORWARD, LEFT STEP BESIDE RIGHT, RIGHT POINT TO RIGHT SIDE.
31 & 32 RIGHT KICK FORWARD, RIGHT STEP BESIDE RIGHT, LEFT POINT TO LEFT SIDE.