



Approved by:

Roz Chaplin

Dance Your Pain Away

4 WALL – 64 COUNTS – INTERMEDIATE

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
|--|---|--|---|
| Section 1 1 – 2 3 & 4 5 – 6 7 & 8 | Side Rock, Cross Shuffle, Side, Together, Forward Shuffle Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left. Step left to left side. Step right beside left. Step left forward. Close right beside left. Step left forward. | Side Rock Cross Shuffle Side Together Left Shuffle | On the spot Left Forward |
| Section 2 1 – 2 3 & 4 5 – 6 7 & 8 | Side, Together, Forward Shuffle, Forward Rock, Shuffle 1/2 Turn Step right to right side. Step left beside right. Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left. (6:00) | Side Together Right Shuffle Rock Forward Shuffle Half | Right Forward On the spot Turning left |
| Section 3 1 – 2 3 & 4 5 – 6 7 & 8 | Cross, Side, Sailor 1/4 Turn, Step, Pivot 1/2, Kick Ball Change Cross right over left. Step left to left side. Turn 1/4 right stepping right behind left. Step left to side. Step right forward. (9:00) Step left forward. Pivot 1/2 turn right. (3:00) Kick left forward. Step left beside right. Step down on right. | Cross Side Sailor Turn Step Pivot Kick Ball Change | Left Turning right On the spot |
| Section 4 1 – 2 3 & 4 5 – 6 7 & 8 | Cross Rock, Chasse Left, Back Rock, Chasse Right Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side. Cross rock right behind left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. | Cross Rock Chasse Left Rock Back Chasse Right | On the spot Left On the spot Right |
| Section 5 1 – 2 3 – 4 5 – 6 7 & 8 | Cross, Point, Back, Sweep, Back, Back, Coaster Step Cross left over right. Point right to right side. Step right back. Sweep left from front to back. Step left back. Step right back. Step left back. Step right beside left. Step left forward. | Cross Point Back Sweep Back Back Coaster Step | Right Back On the spot |
| Section 6 1 – 4 5 – 6 7 & 8 | Jazz Box Cross, Side, Drag, Kick Ball Step Cross right over left. Step left back. Step right to right side. Cross left over right. Step right to right side. Drag left up to right. Kick left forward. Step left beside right. Step right slightly forward. | Jazz Box Cross Side Drag Kick Ball Step | On the spot Right On the spot |
| Section 7 1 – 2 3 & 4 5 – 6 7 – 8 | Forward Rock, Coaster Step, Paddle 1/4 Turn x 2 Rock forward on left. Recover onto right. Step left back. Step right beside left. Step left forward. Step right forward. Paddle 1/4 turn left. Step right forward. Paddle 1/4 turn left (weight onto left). (9:00) | Rock Forward Coaster Step Step Paddle Step Paddle | On the spot Turning left |
| Section 8 1 – 2 3 & 4 5 & 6 7 – 8 | Walk x 2, Cross Samba x 2, Walk x 2 Step right forward. Step left forward. Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Rock right to right side. Recover onto left. Step right forward. Step left forward. | Walk Walk Cross Samba Cross Samba Walk Walk | Forward |

Choreographed by: Roz Chaplin (UK) June 2013

Choreographed to: 'Dance Your Pain Away' by Agnetha Fältskog (128 bpm) from CD A; download available from amazon or iTunes (32 count intro)



A video clip of this dance is available at www.linedancermagazine.com