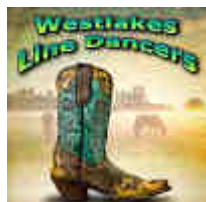


Dance your Pain Away

Choreographers: Kathryn Sloan & Linda Wolfe, September 2013
Song: Dance your pain away (Patrolla mix edit)
Artist: Agnetha Faltskog
Album: A (available on iTunes)
Description: 2 wall, 64 count, Intermediate line dance
Starts 32 counts in with weight on left. 127 BPM

- 1-8** **Rock, replace, $\frac{3}{4}$ shuffle right, rock, replace, $\frac{3}{4}$ triple step**
1,2,3&4 Rock forward on R, replace weight to L, turning 270° right shuffle forward R,L, R
5,6,7&8 Rock forward on L, replace weight to R, turning 270° left triple step on the spot L,R,L
- 1-8** **Right cross samba, left cross samba, jazz box turning $\frac{1}{2}$ right**
1&2,3&4 Cross R over L, Rock L to left side, replace weight to R, cross L over R, Rock R to right side,
replace weight to L
5,6,7,8 Cross R over L, turning 90° right step L back, turning 90° right step R forward, step L
forward
- 1-8** **Kick, ball step, kick, ball step, rock, replace 1 $\frac{1}{2}$ triple step**
1&2,3&4 Kick R forward, step R beside L, step L forward, kick R forward, step R beside L, step L
forward
5,6,7&8 Rock R forward, replace weight to left, turning 540° step R,L,R
- 1-8** **Rock, replace, coaster step, step forward, pivot $\frac{1}{4}$, cross shuffle**
1,2,3&4 Rock forward on L, replace weight to right, step L back, step R beside L, step L forward
5,6,7,&8 Step R forward, pivot 90° left, step R across L, step L to Left side, step R across L
- 1-8** **Point, hold, modified monterey, hold, and, point, and, step, touch**
1,2,&3&4 Point L to left side, hold, step L beside R, touch R to right side, bring R beside L turning
180° point L to left side
5&6&7,8 hold, step L beside R, touch R to right side, step R beside L, step L forward, touch R beside L
- 1-8** **Rock, replace, $\frac{1}{2}$ shuffle, turn $\frac{1}{4}$ shuffle back, touch unwind half**
1,2,3&4 Rock forward on R, replace weight to L, turning 180° shuffle R,L,R
5&6,7,8 Turning 90° right shuffle back L,R,L, touch R back, turn 180° right (weight on L, lifting R
foot)
- 1-8** **Point, hold, and, point, hold, and, rock replace coaster step**
1,2,&3,4 Point R to right side, hold, step R beside L, point L to left side, hold
&5,6,7&8 Step L beside R, rock forward on R, replace weight to L, step R back, step L beside R, step
R forward
- 1-8** **Pivot $\frac{1}{2}$, step forward, $\frac{1}{2}$ turn, $\frac{1}{2}$ turning shuffle, pivot $\frac{1}{2}$**
1, 2,3,4 Step forward on L, pivot 180° right, Step L forward, turning 180° step back on R,
5&6,7,8 Turning 180° shuffle forward L,R,L, step R forward, pivot 180° left



Contact:
Kathryn 0402 219 272 - happykaf@yahoo.com
Linda 0414 420 0807 - lindymoo@bigpond.com

