

# Dance Away The Pain

**Count:** 64    **Wall:** 2    **Level:** Intermediate

**Choreographer:** Karl-Harry Winson (July 2013)

**Music:** "Dance Your Pain Away" by Agnetha Fältskog. Album: "A" [iTunes.co.uk]

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

**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).

**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).

**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.**

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

**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).

**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).

**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.  
(Still on Right Diagonal) Step forward on Right. Lock step Left behind Right. Step  
3&4 forward on Right.  
5 – 6 Step Left Diagonally forward Left. Lock step Right behind Left.  
(Still on Left Diagonal) Kick Left forward. Step ball of Left to Left side. Cross step Right  
7&8 over Left.

**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).

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**Last Revision - 19th July 2013**