

# Dance Your Pain Away (Easily)

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**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Sandra Speck (UK) - August 2013

**Music:** Dance Your Pain Away - Agnetha Fältskog : (CD: A)

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**Intro: 32 Counts From Heavy Beat-Approx 17 secs**

## **CROSS ROCK CHASSE, CROSS SIDE BEHIND SIDE**

- 1 – 2            Cross right foot over left, recover on to left foot
- 3&4            Step right foot to side, close left foot next to right, step right foot to side
- 5 – 6            Cross left foot over right, step right to side
- 7 – 8            Cross left foot behind right, step right foot to side

## **CROSS ROCK CHASSE, CROSS SIDE BEHIND ¼ LEFT**

- 1 – 2            Cross left foot over right, recover on to right foot
- 3&4            Step left to left side, close right foot next to left, step left foot to left side
- 5 – 6            Cross right foot over left, step left foot to left side
- 7 – 8            Cross right foot behind left, turn ¼ left stepping forward on left foot (9 o'clock)

## **CROSS POINT, CROSS POINT, BACK SWEEP BEHIND SIDE**

- 1 – 2            Cross right foot over left, point left toe to left side
- 3 – 4            Cross left foot over right, point right toe to right side
- 5 – 6            Cross right foot behind left, sweep left foot out from front to back
- 7 – 8            Cross left foot behind right, step right foot to right side

## **CROSS ROCK, SIDE TOUCH, ¼ RIGHT TOUCH, ¼ LEFT SCUFF**

- 1 – 2            Cross left foot over right, recover on to right foot
- 3 – 4            Step left foot to left side, touch right foot next to left
- 5 – 6            Turn ¼ right stepping forward on right foot, touch left next to right (12 o'clock)
- 7 – 8            Turn ¼ turn left stepping left foot to side, scuff right foot next to left (9 o'clock)

**START AGAIN**

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