

# Dance Your Pain Away

---

**Count:** 64

**Wall:** 2

**Level:** Low Intermediate

**Choreographer:** Caroline Cooper (UK) - January 2014

**Music:** Dance Your Pain Away - Agnetha Fältskog

---

## 32 Count Intro

### SECTION ONE: SIDE TOUCH X 2, ¼ SHUFFLE, STEP HALF

1-2 Step right to right side, touch left next to right  
3-4 Step left to left side, touch right next to left  
5&6 ¼ right stepping forward right, bring left next to right, step forward right  
7-8 Step forward left, ½ turn right

### SECTION TWO: STEP, KICK BALL STEP, STEP, KICK BALL STEP, STEP

1-2& Step forward left, kick right forward, Step down on right  
3-4 Change weight to left, change weight to right,  
5-6& Step forward left, kick right forward, step down on right  
7-8 Change weight to left, change weight to right

### SECTION THREE: ROCK FORWARD, RECOVER, SHUFFLE ½ TURN, CROSS OUT, OUT, CROSS OUT OUT

1-2 Step forward left, recover right  
3&4 ½ turn left stepping forward left, bring right next to left, step forward left  
5&6 Step right over left, step left to left side, step right to right side  
7&8 Step left over right, step right to right side, step left to left side

### SECTION FOUR: RIGHT ¼ HEEL GRIND, RIGHT COASTER, KICK LEFT FORWARD, SIDE, & POINT RIGHT, FLICK

1-2 Right heel forward, grind ¼ turn right, stepping back left  
3&4 Step back right, step back left, step forward right  
5-6 Kick left foot forward, kick left foot to left side  
&7-8 Step left next to right, point right to right side, then flick right heel back

### SECTION FIVE: CROSS ROCK CHASSE, CROSS ROCK CHASSE

1-2 Cross right over left, recover weight left  
3&4 Step right to right side, step left next to right, step right to right side  
5-6 Cross left over right, recover weight right  
7&8 Step left to left side, step right next to left, step left to left side

### SECTION SIX: BACK ROCK, SIDE TOUCH, SIDE HOLD, & SIDE TOUCH

1-2 Rock right behind left, recover weight left  
3-4 Step right to right side, touch left next to right  
5-6 Step left to left side, hold  
&7-8 Bring right next to left, step left to left side, touch right next to left

### SECTION SEVEN: ¼ TURN RIGHT, TOUCH, ½ TURN RIGHT, TOUCH, BACK ROCK, SHUFFLE FORWARD

1-2 ¼ turn right stepping forward right, touch left next to right  
3-4 ½ turn right stepping back left, touch right next to left  
5-6 Rock back right, recover weight left  
7&8 Step forward right, bring left next to right, step forward right

### SECTION EIGHT: LEFT SIDE TOGETHER, SHUFFLE FORWARD, STEP ½ LEFT, STEP ¼ LEFT

1-2 Step left to left side, bring right next to left  
3&4 Step forward left, bring right next to left, step forward left  
5-6 Step forward right, ½ turn left stepping forward left  
7-8 Step forward right, ¼ pivot left (6)

**Contact:** [coolcoopers@yahoo.com](mailto:coolcoopers@yahoo.com)