

Postpone The Pain



Description: Partner Dance. (68 Counts) Opposite Footwork throughout.,
Start: Inside Hand Hold (Gent on Inside, Both Facing LOD) **GENTS STEPS LISTED.**
Choreographers: Alan & Sonia Cole. (alan.sonia@btinternet.com) Website <http://alan-and-sonia.webs.com>
Music: “ Postpone The Pain ” by Mark Chesnutt. Start Dance On Vocals

Dance Choreographed for the 10th Anniversary of “ Couplancedance Sjøælland ”

Held at St. Merløse Hall, Holbækvej, 25th February 2017.

Many Thanks to Jette & Kurt for inviting us to teach at the event and for suggesting the Music

Forward Rock, Side Rock, Back Rock, Step Fwd, X 2

1 - 8 Rock Fwd on Lt, Recover on Rt, Rock to Side on Lt, Recover on Rt. Rock Back on Lt Recover on Rt, Step Fwd on Lt.
9 - 16 Rock Fwd on Rt, Recover on Lt, Rock to Side on Rt, Recover on Lt. Rock Back on Rt Recover on Lt, Step Fwd on Rt.

Step, Together, Step, Hitch X 2

17 - 20 Step Fwd on Lt, Step Rt Next to Lt, Step Fwd on Lt, Hitch Rt.
21 - 24 Step Fwd on Rt, Step Lt Next to Rt, Step Fwd on Rt, Hitch Lt

Rock, Recover, ½ turn, Step Fwd, ¼ turn to face, Cross Step.

25 - 28 Rock Fwd on Lt, Recover on Right, Make ½ Turn Lt Stepping on Lt, Hold
(Release Inside Handhold on ½ Turn. **LADY** Turns ½ Turn Rt. Both now Facing RLOD)
29 - 32 Step Fwd on Rt, Pivot ¼ Turn Lt Stepping on Lt, Cross Rt over Lt. (**LADY** ¼ Pivot Rt) Pick up in Double Hand Hold.

Side, Together, Side, Hitch X 2

33 - 36 Step Lt to Lt Side, Step Rt Next To Lt, Step Lt to Lt Side, Hitch Rt.
37 - 40 Step Rt to Rt Side, Step Lt Next To Rt, Step Rt to Rt Side, Hitch Lt.

Back Mambo Step, Change Sides

41 - 44 Rock Back on Lt, Recover on Rt, Step Fwd on Lt, (Rt Shoulder to Rt Shoulder) Hold.
45 - 48 **GENT** Drop Rt Hands, Raise Lt, Turn ½ Turn Lt Under Raised Arms passing Rt Shoulder to Rt Shoulder on Rt, Lt, Rt, Hold
LADY Walk ½ Turn Rt Round Back of Man on Lt, Rt, Lt, Hold,
(Gent now OLOD facing Inwards, Lady On ILOD Facing Gent, Pick up back in Double Hand Hold)

Side, Together, Side, Hitch X 2

49 - 52 Step Lt to Lt Side, Step Rt Next To Lt, Step Lt to Lt Side, Hitch Rt.
53 - 56 Step Rt to Rt Side, Step Lt Next To Rt, Step Rt to Rt Side, Hitch Lt.

Back Mambo Step, Change Sides

57 - 60 Rock Back on Lt, Recover on Rt, Step Fwd on Lt, (Rt Shoulder to Rt Shoulder) Hold.
61 - 64 **GENT** Drop Lt Hands, Raise Rt, Walk ¼ Turn Rt Round Back of Lady on Rt, Lt, Rt, Hold, to ILOD.
LADY Turn ¼ Turn Lt Under Raised Arms passing Rt Shoulder to Rt Shoulder on Lt, Rt, Lt, Hold, to OLOD.
(BOTH now facing LOD Inside Hand Hold)

Rocking Chair

65 - 68 Rock Fwd on Lt, Recover on Rt, Rock Back on Lt, Recover on Rt.

Happy Dancing
Alan & Sonia