

# 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](mailto: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 10<sup>th</sup> Anniversary of " Coupledancetræf Sjælland"

Held at St. Merløse Hall, Holbækvej, 25<sup>th</sup> 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*