

Pressure 305

Count: 48

Wall: 1

Level: Intermediate

Choreographer: Jammin Joy (USA) - January 2025

Music: Pressure - Ari Lennox



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

RIGHT TAP, LEFT TAP, RIGHT TAP, TOE TAP TURN/PRECISION QUARTER TURN RIGHT

1 2 3 4 Tap right foot front, tap left foot front, right front, left front

5 6 7 8 Tap right foot front, point right foot straight down, pivot quarter turn right on right

REPEAT STEPS 1-8 THREE MORE TIMES TO RETURN TO FRONT WALL

REPEAT STEPS 1-8 IN REVERSE: LEFT TAP, RIGHT, TAP, LEFT TAP, QTR TURN LEFT

9 10 11 12 Tap left foot front, tap right foot front, left front, right front

13 14 15 16 Tap left foot front, point left foot straight down, pivot quarter turn left on left

REPEAT STEPS 9-16 THREE MORE TIMES TO RETURN TO FRONT WALL

PART 2: 16 COUNTS

WIZARD STEPS, RIGHT HALF TURN

1 2 3 Forward on right diagonal right, left, right

4 5 6 Forward on left diagonal left, right, left

7 Step forward on right and push for right half turn on

8 Pivot on right foot to start quarter turn left stepping on left foot

9 10 Complete turn stepping on right, left to face 9:00

11 12 Step right behind left, step left to left

13 14 Pivot half turn left to face 3:00

15 16 Step left foot behind right pivoting three quarter left turn to face 6:00

REPEAT PART 2 ON BACK WALL TO END FACING FRONT

PART 3: 32 COUNTS

PRESS OUT TO RIGHT, PRESS OUT TO LEFT

1 2 3 4 Step on right foot out to right for 2 counts, recover and roll hips for 2 counts

5 6 7 8 Step on left foot out to left for 2 counts, recover and roll hips for 2 counts

HIP ROLLS IN MIDDLE

1 2 3 4 Continue to roll hips kind of bow legged for 4 counts

5 6 7 8 Continue to roll hips kind of bow legged for 4 counts

PRESS UP ON RIGHT, PRESS UP ON LEFT, HIP ROLLS IN MIDDLE

1 2 3 4 Step up on right foot for 2 counts, recover and roll hips for 2 counts

5 6 7 8 Step up on left foot for 2 counts, recover and roll hips for 2 counts

HIP ROLLS IN MIDDLE

1 2 3 4 Continue to roll hips kind of bow legged for 4 counts

5 6 7 8 Continue to roll hips kind of bow legged for 4 counts

REPEAT ENTIRE DANCE ONE MORE TIME AS SHOWN ABOVE

ON THIRD ROTATION, REPEAT PART 2 TWICE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com
