

Stress

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: G.S. Jung (KOR) - March 2025

Music: STRESS - CHUNG HA



Tag: After Wall 9

Start at approx. 17 secs.

*** Intro Dance: 16 Counts

SEC 1: Walk, Walk, Mambo, Back, Back, Coaster Step

- 1,2 Step RF Forward(1), Step LF Forward(2)
- 3&4 Forward Rock RF(3), Recover on LF(&), Step RF Back(4)
- 5,6 Step LF Back(5), Step RF Back(6)
- 7&8 Step LF Back(7), Step RF Beside LF(&), Step LF Forward(8)

SEC 2: Side Rock, Recover, Behind-Side-Cross (R-L)

- 1,2 Side Rock RF to R(1), Recover on LF(2)
- 3&4 Step RF Behind LF(3), Step LF to L Side(&), Cross RF Over LF(4)
- 5,6 Side Rock LF to L(5), Recover on RF(6)
- 7&8 Step LF Behind RF(7), Step RF to R Side(&), Cross LF Over RF(8)

*** Main Dance

SEC 1: Walk, Walk, 1/4 Turn Ball, Cross Shuffle, 1/4 Turn Step, 1/4 Turn Sweep, Cross Samba

- 1,2& Step RF Forward(1), Step LF Forward(2), 1/4 L Turn Ball Step RF to R Side(&) [9:00]
- 3&4 Cross LF Over RF(3), Step RF Next to LF(&), Cross LF Over RF(4)
- 5,6 1/4 R Turn Step RF Forward(5) [12:00], 1/4 R Turn Sweep LF around(6) [3:00]
- 7&8 Cross LF Over RF(7), Side Rock RF(&), Recover on LF(8)

SEC 2: Cross, Back, Back Pony Step(R-L), Back Rock, Recover

- 1,2 Cross RF Over LF(1), Step LF Back(2)
- 3&4 Step RF Back Hitching L Knee Slightly(3), Close LF Beside RF(&), Step RF Back Hitching L Knee Slightly(4)
- 5&6 Step LF Back Hitching R Knee Slightly(5), Close RF Beside LF(&), Step LF Back Hitching R Knee Slightly(6)
- 7,8 Back Rock RF Hitching L Knee Slightly(7), Recover on LF(8)

SEC 3: Forward Step, 1/2 Pivot/Flick, Step, Shuffle, Side Rock, Recover, Behind-Side-Cross

- 1,2 Step RF Forward(1), 1/2 L Turn weight on LF with RF Flick(2) [9:00]
- 3,4&5 Step RF Forward(3), Step LF Forward(4), Step RF Next to LF(&), Step LF Forward(5)
- 6,7 Side Rock RF to R(6), Recover on LF(7)
- 8&1 Step RF Behind LF(8), Step LF to L Side(&), Cross RF Over LF(1)

SEC 4: Side, 1/2 Turn with Hook, Step, Side Big Step, Drag, Kick-Ball-Step

- 2,3,4 Step LF to L Side(1), 1/2 R Turn with RF Hook(3) [3:00], Step RF Forward(4)
- 5,6 Big Step LF to L Side(5), Drag RF up towards L(6)
- 7&8 Kick RF to Forward(7), Step RF beside LF(&), Step LF Forward(8)

Tag: After Wall 9 [3:00]

Rocking Chair

- 1,2 Forward Rock RF(1), Recover on LF(2)
- 3,4 Back Rock RF(3), Recover on LF(4)

