

Rhythm of Terapi

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Anna-Maria Mejlon (SWE) - March 2025

Music: Terapi - Miss Li



Intro: 16 counts

Walk fwd x2 mambo step, step back x2 mambo step

- 1-2 walk fwd on R, walk fwd on L
- 3&4 rock fwd on R, recover onto L, step back on R
- 5-6 step back on L, step back on R
- 7&8 rock back on L, recover onto R, step fwd on L

Monterey ¼ , rock recover cross, side together, chasse

- 1-2 point R to right side turning ¼ to the right (3:00) weight on R
- 3&4 rock to the side with L, recover onto R, cross L over R
- 5-6 step R to right side, step together with L
- 7&8 step R to right side, step together with L, step R to right side

Cross rock recover chasse ¼ , rock fwd recover coaster step

- 1-2 cross L over R, recover onto R
- 3&4 step L to left side, step together with R, step ¼ fwd on L (12:00)
- 5-6 rock fwd on R, recover onto L
- 7&8 step back on R, step L next to R, step fwd on R

Side rock cross, side rock fwd, step turn ½ step fwd point

- 1&2 rock L to left side, recover onto R, cross L over R
- 3&4 rock R to right side, recover on to L, step fwd on R
- 5-6 step fwd on L turning ½ to the right (6:00) weight on R
- 7-8 step fwd on L, point R to right side

Start again!!

After wall 2 there is a 16 count Tag:

- 1-2 walk fwd on R, walk fwd on L
- 3&4 rock fwd on R, recover onto L, step back on R
- 5-6 step back on L, step back on R
- 7&8 rock back on L, recover onto R, step fwd on L

- 1-2 walk fwd on R, walk fwd on L
- 3&4 rock fwd on R, recover onto L, step back on R
- 5-6 step back on L, step back on R
- 7&8 rock back on L, recover onto R, step fwd on L

So basically you dance the first 8 counts 3 times when starting wall 3...

This song is in Swedish but if you want you could also dance this to the english version - it's exactly the same and called Therapy.

Keep Calm and Dance On! :)