

Anxiety

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Improver

Choreographer: Vee Trias (INA) - April 2025

Music: Anxiety - Doechi



Intro: 32 Counts (Approximately 00:18s)

NO TAG - NO RESTART

S1. WALK FORWARD, HOLD, V STEP

1-4 Step R forward - Hold - Step L forward - Hold (Doing this walk forward with walk pretty)
5-8 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together

S2. V STEP, BACK, TOUCH

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
5-8 Step R back - Touch L in place - Step L back - Touch R in place

S3. SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, TURN 1/4 LEFT COASTER STEP

1-2 Rock R to side - Recover on L
3&4 Cross R over L - Step L to side - Cross R over L
5-6 Rock L to side - Recover on R
7&8 Turn 1/4 left step L back - Step R together - Step L forward

S4. FORWARD, TOUCH, BACK, TOUCH, PIVOT TURN 1/2 LEFT, WALK FORWARD, TOGETHER

1-4 Step R forward - Touch L to side - Step L back - Touch R to side
5-8 Step R forward - Turn 1/2 left weight on L - Step R forward - Step L together

S5. BOX, SHUFFLE

1-2 Step R to side - Step L together
3&4 Step R forward - Lock L behind R - Step R forward
5-6 Step L to side - Step R together
7&8 Step L back - Lock R over L - Step L back

S6. MONTEREY (R-L), JAZZBOX TURN 1/4 RIGHT

1-4 Touch R to side - Step R together - Touch L to side - Step L together
5-8 Cross R over L - Turn 1/4 right step L back - Step R to side - Step L forward

S7. VINE RIGHT, ROLLING VINE FULL TURN LEFT

1-4 Step R to side - Cross L behind R - Step R to side - Touch L to side
5-8 Turn 1/4 left step L forward - Turn 1/2 left step R back - Turn 1/4 left step L to side - Touch R together

S8. K STEP

1-4 Step R diagonal forward - Touch L together - Step L diagonal back - Touch R together
5-8 Step R diagonal back - Touch L together - Step L diagonal forward - Touch R together

Have fun and happy dancing!

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