

# Stressed Out

COPPER KNOB  
STEPSHEETS

Compte: 80

Mur: 2

Niveau: Phrased Intermediate



Chorégraphe: David Ackerman (USA) - July 2016

Musique: Stressed Out - twenty one pilots

Count in: 16 counts from beginning of track. - Sequence: A(24)Restart,B,C,A(16) Restart,A,Tag,B,C,A,C,A

## A1:(1-8) Stomp R, Heel-Toe-Heel L, Swivet, Stomp L, Heel-Toe-Heel R, Swivet

1,2&3&4 Stomp R forward on an angle(1), Bring L in swiveling heels to the right(2), Swivel L toes to the right(&), Swivel L heel to the right(3), Swivet by swiveling R toes to right and L heel to left(&), Swivel R toes back to center and L heel back to center(4).

5,6&7&8 Stomp L forward on an angle(5), Bring R in swiveling heels to the left(6), Swivel R toes to the left(&), Swivel R heel to the left(7), Swivet by swiveling L toes to left and R heel to right(&), Swivel L toes back to center and R heel back to center(8).

## A2:(9-16) Side R, Behind-Side-Cross, Unwind $\frac{3}{4}$ , $\frac{1}{4}$ Turn, Hitch, Side Chasse L

1,2&3,4 Step R to right side, Step L behind R(2), Step R to right side(&), Cross L over R(3), On ball of the left foot make a  $\frac{3}{4}$  turn right placing weight onto L(4)(9:00)

5,6, Make a  $\frac{1}{4}$  turn stepping R to right side (12:00), Hitch L knee,

7&8 Step L to left side, Step R next to L, Step L to left side

**\*\*Restart here second time through A facing 6:00 to start A again.**

## A3:(17-24) Cross Rock x2, $\frac{1}{2}$ Chase Turn, Rock and Cross

1&2 Cross R over L, Recover weight L, Step R next to L

3&4 Cross L over R, Recover weight R, Step L next to R

5&6 Step forward R, Pivot  $\frac{1}{2}$  to the left, Step

7&8 Step L to left side, Recover weight R, Cross L over R

**\*\*Restart here first time through A facing 6:00 to start B.**

## A4:(25-32) Rock and Cross x2, Step R, Pivot $\frac{1}{2}$ , Step RL with knee pop

1&2 Step R to right side, Recover weight L, Cross R over L

3&4 Step L to left side, Recover weight R, Cross L over R

5,6 Step forward R, Pivot  $\frac{1}{2}$  turn to the left bringing weight to L

7,8 Step forward R popping L knee forward, Step forward L popping R knee forward

## B1:(1-8) Press R, Together, Press L, Together, Step R, Pivot $\frac{1}{2}$ , R Lock Steps

1&2 Press R foot to right side as you turn a  $\frac{1}{4}$  turn to the left, Recover weight R bringing body back to facing 6:00, Step R next to L

3&4 Press L foot to the left side as you turn  $\frac{1}{4}$  turn to the right, Recover weight R bringing body back to facing 6:00, Step L next to R

5,6 Step forward R, Pivot  $\frac{1}{2}$  turn left

7&8 Step R forward, Lock L behind R, Step R forward

## B2:(9-16) Press L, Together, Press R, Together, Step L, Pivot $\frac{1}{2}$ , L Lock Steps

1,2 Press L foot to left side as you turn a  $\frac{1}{4}$  turn to the right, Recover weight L bringing body back to facing 12:00

3,4 Press R foot to the right side as you turn  $\frac{1}{4}$  turn to the left, Recover weight R bringing body back to facing 12:00

5,6 Step forward L, Pivot  $\frac{1}{2}$  turn right

7&8 Step L forward, Lock R behind L, Step L forward

## C1:(1-8) Forward R, $\frac{3}{4}$ Turn, $\frac{1}{4}$ Ball-Cross, Back RL with toe fans, R Coaster

- 1,2,3&4 Step forward R, Pivot a ¼ turn left (2)(3:00), Continue turning left ½ (3)(9:00), Step back on the ball of R making a ¼ turn left (&)(6:00), Cross L over R (4)(6:00) (Styling: This turn should be one fluid motion. Do not stop on each count. Weight should be on L by count 3)
- 5,6 Step back R on angle fanning L toes to left, Step back L on angle fanning R toes to right
- 7&8 Step back R, Step L next to R, Step forward R

**C2:(9-16) Forward L, ¼ Turn, Sailor ¼ Turn, R Lock Step on angle with Hitch, L Lock Step on angle**

- 1,2 Step forward L, Make a ¼ left stepping R to right side
- 3&4 Step L behind, Make a ¼ left stepping R to right side, Step L to left side
- 5&6& Step R forward toward right diagonal, Lock L behind R, Step R forward toward right diagonal, Hitch L knee slightly
- 7&8 Step L forward toward left diagonal, Lock R behind L, Step L forward toward left diagonal  
(Option: Hitch R knee on & of 8)

**C3&4:(17-32) Repeat above 16 counts**

**\*C3 Optional Replacement Steps for C's Counts 17-20. The back beat changes to a harder beat though the lyrics and melody are the same on counts 17-32. If you don't want to do the turn for these counts do the following 4 counts. Counts 21-32 are the same as counts 5-16 of C.**

**C3 (17-20) Scuff-Hitch-Step, Body Roll, Back RL**

- 1&2 Scuff R (1), Hitch R knee (&), Step R forward while bringing chest forward (2),
- 3&4 Bring chest back starting body roll pulling your weight back to the left (3), Step back R (&), Step back L (4)

**Tag: (1-2) Cross R, ½ Unwind**

- 1,2 Cross R over L, Unwind ½ turn left placing weight onto L (12:00)
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