

# Stressed Out

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Phrased Intermediate  
编舞者: Weber Wen (USA) - May 2016  
音乐: Stressed Out - twenty one pilots : (Album: Blurryface)



**INTRO: 8 counts - SEQUENCE: AB - AB - ATB - A - A - A - A**

## [Part A] 32 counts

### AS1: ROCK, RECOVER, 1/4 TURN SHUFFLE, MAMBO, BACK-TURN-STEP

1-2                      Cross R over L; Recover weight on L  
3&4                      Step R to side, step L next R, turn 1/4 to right stepping forward on R (3:00)  
5&6                      Rock forward on L, recover weight on R, step L next to R  
7&8                      Step back on R, turn 1/2 to left stepping forward on L, step forward on R (9:00)

### AS2: HEEL SWITCHES, CROSS-AND-HEEL-AND, HEEL SWITCHES, CROSS-AND-HEEL-AND

1&2&                      Touch L heel front, step L next to R, touch R heel front, step R next to L  
3&4&                      Cross L over R, step R to side, touch L heel front diagonally, step L next to R  
5&6&                      Touch R heel front, step R next to L, touch L heel front, step L next to R  
7&8&                      Cross R over L, step L to side, touch R heel front diagonally, step R next to L

### AS3: CROSS-BACK-TURN, SHUFFLE x 2, CHASE 1/2 TURN

1&2                      Cross L over R, step back on R, turn 1/4 to left stepping L to side (6:00)  
3&4                      Step forward on R, step L next to R, step forward on R  
5&6                      Step forward on L, step R next to L, step forward on L  
7&8                      Step forward on R, pivot 1/2 turn to left, step forward on R (12:00)

### AS4: STEP, LOCK-STEP-STEP-LOCK-STEP-SCUFF, CROSS ROCK-AND-SIDE, CROSS ROCK-AND-SIDE-TURN

1-2&                      Step forward on L; Lock R behind L, step forward on L  
3&4&                      Step slightly forward on R, lock L behind R, step forward on R, scuff L heel forward  
5&6                      Cross rock L over R, recover weight on R, step L to side  
7&8&                      Cross rock R over L, recover weight on L, step R to side, turn 1/4 to left stepping L to side (9:00)

## [Part B] (16 counts) Dance only first 3 walls

### BS1: SIDE, SAILOR, BEHIND-TURN-STEP, PIVOT 1/2 TURN L, 1/4 TURN L SIDE, KICK-BALL

1-2&                      Step R to side; Step L behind R, step R next to L  
3-4&                      Step L to side; Step R behind L, turn 1/4 to left stepping forward on L (6:00)  
5-6                      Step forward on R; Pivot 1/2 turn to left (12:00)  
7-8&                      Turn 1/4 turn to left stepping R to side; Kick L forward, step ball of L next to R (9:00)

### BS2: TRAVELING DIAMOND

1-2&                      Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (6:00)  
3-4&                      Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (3:00)  
5-6&                      Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (12:00)  
7-8&                      Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (9:00)

### [TAG] SCUFF-HITCH-TOUCH

1&2                      Scuff R heel forward, hitch R knee up, touch R toe to side

\* Happens one time only on Wall 3 after Part A

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