

# Therapy

拍数: 80      墙数: 2      级数: Intermediate  
编舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - March 2021  
音乐: Backroad Therapy - Shawn Allen



RF= Right Foot

LF = Left Foot

**INTRO, TAG & END:**

There is a musical part that requires adding the following steps:

**INTRO:** before we start the dance, we take these steps

**TAG:** on the 5th wall after step 48 we add these steps as TAG (6h)

**FINAL:** on the 7th wall after step 32 we add these steps as the end (6h)

**[1-24] STOMP +7 HOLDS, STOMP, STOMP +6 HOLDS, STOMP, STOMP, STOMP +5 HOLDS**

- 1 - 8            Stomp RF + 7 holds
- 1 - 8            Stomp LF, Stomp RF + 6 holds
- 1 - 8            Stomp LF, Stomp RF, Stomp LF + 5 holds

**[25-32] VINE ( R ), VINE ( L )**

- 1 - 2            Step RF to right, Cross LF behind RF
- 3 - 4            Step RF to right, Scuff LF
- 5 - 6            Step LF to left, Cross RF behind LF
- 7 - 8            Step LF to left, Scuff RF

**DANCE:**

**[1-8] RUMBA ( R ) fwd, STEP(R), TOUCH(L), STEP ( L ), TOUCH ( R )**

- 1 - 2            Step RF to right, Step LF next to RF
- 3 - 4            Step RF forward, Touch LF next to RF
- 5 - 6            Step LF to left, Touch RF next to LF
- 7 - 8            Step RF to right, Touch LF next to RF

**[9 - 16] RUMBA ( L ) back , SLOW COASTER STEP ( R )**

- 1 - 2            Step LF to left, Step RF next to LF
- 3 - 4            Step LF back, Hold
- 5 - 6            Step RF back, Step LF back next to RF
- 7 - 8            Step RF forward, Scuff LF

**[17-24] ¼ TURN, SCUFF, ¼ TURN, SCUFF, ¼ TURN, SCUFF, ¼ TURN, SCUFF**

- 1 - 2            Turn ¼ to right step LF to left, Scuff RF (3h)
- 3 - 4            Turn ¼ to right step RF forward, Scuff LF (6h)
- 5 - 6            Turn ¼ to right step LF to left, Scuff RF (9h)
- 7 - 8            Turn ¼ to right step RF forward, Scuff LF (12h)

**[25-32] MAMBO STEP ( L ) fwd, TOE ( R ) back, ½ TURN to right, STOMP ( L ), HOLD**

- 1 - 2            Rock LF forward, Recover weight on RF
- 3 - 4            Step LF back, Hold
- 5 - 6            Touch right toe back, Turn ½ to right strut RF (6h)
- 7 - 8            Stomp LF next to RF, Hold

**\* here, at 7a. wall we will add the end of the dance**

**[33-40] POINT(R ), TOGETHER, POINT(R ), HOLD, ROCKS STEPS ( R )fwd (jumping) TWICE**

- 1 - 2            Touch right point to right, Touch right point next to LF

- 3 - 4 Touch right point to right, Hold
- 5 - 6 Rock cross RF over LF, Recover weight on LF moving back a little (jumping)
- 7 - 8 Rock cross RF over LF, Recover weight on LF moving back a little (jumping)

**[41-48] SLOW SCISSOR ( R ), TOE (L), SUFF(L), CROSS (L). HOLD**

- 1 - 2 Rock RF to right, Step LF next to RF
- 3 - 4 Cross RF over LF, Hold
- 5 - 6 Touch left toe back in left diagonal, Scuff LF
- 7 - 8 Cross LF over RF, Hold

**\* Here on the 5th wall, we will add the TAG**

**[49-56] ROCKING CHAIR ( R ), SLOW MAMBO STEP ( R )**

- 1 - 2 Rock RF forward, Recover weight on LF
- 3 - 4 Rock RF back, Recover weight on LF
- 5 - 6 Rock RF to right, Recover weight on LF
- 7 - 8 Step RF next to LF, Hold

**[57-64] ROCKING CHAIR (L), SLOW MAMBO STEP (L)**

- 1 - 2 Rock LF forward, Recover weight on RF
- 3 - 4 Rock LF back, Recover weight on RF
- 5 - 6 Rock LF to left, Recover weight on RF
- 7 - 8 Step LF next to RF, Hold

**[65-72] STEP fwd ( R ), HOLD, ½ TURN (L), HOLD, WALK fwd (R-L-R), HOLD**

- 1 - 2 Step RF forward, Hold
- 3 - 4 Turn ½ to left, Hold (12h)
- 5 - 6 Step RF forward, Step LF forward
- 7 - 8 Step LF forward, Hold

**[73-80] STEP fwd (L), HOLD, ½ TURN ( R ), STOMPS Fwd (L-R-L), HOLD**

- 1 - 2 Step LF forward, Hold
- 3 - 4 Turn ½ to right, Hold (6h)
- 5 - 6 Stomp LF forward, Stomp RF forward
- 7 - 8 Stomp LF forward, Hold

**REPEAT**

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