

# Conro's Therapy

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Improver  
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音乐: Therapy - Conro



**Starting point: Just before the lyrics at the heavy beat, at about 0:19.**

**Note: Repeat the last 16 counts after walls 1 & 3. There is a 8-count tag after wall 2 and one 4-count long tag after wall 5.**

## ROCK STEP, BEHIND-SIDE-CROSS, SIDE STEP, SAILOR STEP, STEP BEHIND

1-2            Rock right to right diagonal, recover weight back to left  
3&4           Step right behind left, step left to left side, step right across left  
5-6           Take a big step to left with left, slide right next to left  
7&8&         Step right behind left, step left next to right, step right to right diagonal, step left behind right

**Note: On walls 1 & 3 you can change accentuate the 1 with a stamp instead of step (weight is still returned back to left on count 2).**

## 1/2 LEFT TURNING UNWIND, ROCK FORWARD, STEP BACK WITH 1/4 LEFT TURNING SWEEP, SAILOR STEP

1-2            Unwind 1/2 to left for 2 counts (weight ends up on left)  
3-4            Rock right forward, recover weight back to left  
5-6            Step right back and start the 1/4 left turning sweep with left foot, finish 1/4 left turning sweep with left foot  
7&8            Step left behind right, step right next to left, step left to left diagonal

## PONY STEPS BACK, OUT, OUT, IN, CROSS, HALF UNWIND

1&2            Rock right back, recover weight back to left, rock weight back to right  
3&4            Rock left back, recover weight back to right, rock weight back to left  
5&             Step right out, step left out  
6&             Step right in place, step left across right  
7-8            Unwind a half turn (weight ends up on left)

## PONY STEPS BACK, KICK & TOUCHES

1&2            Rock right back, recover weight back to left, rock weight back to right  
3&4            Rock left back, recover weight back to right, rock weight back to left  
5&6&         Kick right forward, step right next to left, touch left to left side, step left next to right  
7-8            Touch right to right side, hold

**Note: music is silent for 7-8 counts, so no need to do anything on those counts.**

## REPEAT

### TAG1 (after wall 2, 8 counts)

## ROCK STEP, BEHIND-SIDE-CROSS, ROCK STEP, BEHIND-SIDE-CROSS

1-2            Rock right to right side, recover weight back to left  
3&4            Step right behind left, step left to left side, step right across left  
5-6            Rock left to left side, recover weight back to right  
7&8            Step left behind right, step right to right side, step left across right

### TAG2 (after wall 5, 4 counts)

## STEP OUT, OUT, IN, IN

1-2            Step right foot out, step left foot out

3-4

Step right foot back in place, step left foot next to right

**ENDING:**

The dance ends on wall 8 (starts facing 3:00). On that wall, change the behind-side-cross (3&4) to a 1/4 left turning sailor touch. After that do the out-out-in-in as it fits the music.

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