

# Sweet, and Mentally Insane

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Will Craig (USA) - January 2019  
音樂: Sweet but Psycho - Ava Max



## #32 Count Intro

### Side Step Hold, Sailor Step, Hold Hold Behind Side Cross

1 2            Step R to right side (1) Hold (2)  
3&4          Step L behind R (3) Step R to right side (&) Step L to left side (4)  
5 6            Hold (5) Hold (6)  
7&8          Step R behind L (7) Step L to left side (&) Cross R over L (8)

\*\*\* Styling for the 6 O'Clock Wall. For count 5 place both hands up beside head and rotate head and hands clockwise count 6 Rotate again.

### Side Step Hold, Rock Recover, Rock Ball Rock Recover

1 2            Step L to left side (1) Hold (2)  
3 4            Rock R back (3) Recover weight to L (4)  
5 6&          Rock R forward (5) Recover weight to L (6) Step R next to L (&)  
7 8&          Rock L forward (7) Recover weight to R (8) Step L next to R (&)

### Step 1/4 Turn, Cross and Cross, 1/4 Turn, 1/4 Turn, Cross and Cross

1 2            Step forward R (1) Make 1/4 left putting weight on L (2) (9:00)  
3&4          Cross R over L (3) Step L to left side (&) Cross R over L (4)  
5 6            Make 1/4 turn right stepping L back (5) Make 1/4 right stepping R to right side (6) (3:00)  
7&8          Cross L over R (7) Step R to right side (&) Cross L over R (8)

### Rock Recover, Behind Side Cross, Rock Recover Behind Side Cross

1 2            Rock R to right side (1) Recover weight to L (2)  
3&4          Step R behind L (3) Step L to left side (&) Step R over L (4)  
5 6            Rock L to left side (5) Recover weight to R (6)  
7&8          Step L behind R (7) Step R to right side (&) Step L over R (8)

### Step Forward and Drag, Step Forward Drag, Rock Recover, Coaster Step

1 2            Step R forward and slightly to right side (1) Drag L next to R (2)  
3 4            Step L forward and slightly to left side (3) Drag R next to L (4)  
5 6            Rock R forward (5) Recover L (6)  
7 8            Step R back (7) Step L next to R (&) Step R forward (8)

### Step Forward and Drag, Step Forward Together, Knee Pop Walks X 4

1 2            Step L forward and slightly to left side (1) Drag R next to L (2)  
3 4            Step R forward and slightly to right side (3) Drag L next to R and put weight on L (4)  
5 6            In an Arc: Step R forward popping L knee forward (5) Step forward L popping R knee forward (6)  
7 8            In an Arc: Step R forward popping L knee forward (7) Step forward L popping R knee forward (8) (9:00)

\*\*\* Styling for 6 O'clock wall. Counts 5,6,7,8. Make them in the same arc a running motion.

### Rock, Recover, Triple Back, 1/4, 1/4, Triple Forward

1 2            Rock R Fwd. (1) Recover weight to L (2)  
3&4          Step R back popping L knee (3) Step L next to R (&) Step R back popping L knee  
5 6            Make 1/4 turn left Stepping L to left side (5) Make 1/4 turn left stepping R forward (6) (3:00)  
7&8          Step L forward (7) Step R next to L (&) Step L forward (8)

**Rock Recover, Coaster Step, Step Turn, Cross and Cross**

1 2 Rock R forward (1) Recover to L (2)

3&4 Step R back (3) Step L next to R (&) Step R forward (4)

5 6 Step L forward (5) Make 1/4 turn right putting weight to R (6) (6:00)

7&8 Cross L over R (7) Step R to right side (&) Cross L over R (8)

**BEGIN AGAIN**

**Restart on wall 5 dance to count 48 Instead of 1/2 arc make it a 3/4 and Restart on the 6 O' Clock wall.**

**Last Update - 14 Jan. 2019**

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