

Therapy

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - March 2021
音樂: 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
