

# Part Time Psycho

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - April 2021  
音樂: Part Time Psycho - SHAED & Two Feet : (Spotify / iTunes)



Intro: 16 counts/Dance starts on lyrics)

## [S1] 2x Diagonal Roll Fwd-Fwd Shuffle

1 2            Move towards to 1:30- Step forward on R, Make a 1/2 turn right stepping back on L  
3&4            Make a 1/2 turn right shuffle forward on R-L-R (12:00)  
5 6            Move towards to 10:30- Step forward on L, Make a 1/2 turn left stepping back on R  
7&8            Make a 1/2 turn left shuffle forward on L-R-L (12:00)

## [S2] Box 1/4R-Cross, Side-Together, Cross Shuffle

1 2            Cross R over L, Make a 1/4 turn right stepping back on L (3:00)  
3 4            Step R to the side, Cross L over R  
5 6            Step R to the side, Step L next to R  
7&8            Cross R over L, Step L close to R, Cross R over L

## [S3] Heel-Ball-Cross Shuffle, Side, Heel-Ball-Cross-1/4L

1 2            Tap L heel 45 degrees left forward, Step L ball back to centre  
3&4            Cross R over L, Step L close to R, Cross R over L  
5 6&            Step L to the side, Tap R heel 45 degrees right forward, Step R ball back to centre  
7 8            Cross L over R, Make a 1/4 turn left stepping back on R (12:00)

## [S4] Back Rock, Step-Pivot 1/4R, Cross-1/4L-1/2L-Scuff

1 2            Rock back on L, Recover weight on R  
3 4            Step forward on R, Make a 1/4 turn right recover weight on L (3:00)  
5 6            Cross L over R, Make a 1/4 turn stepping back on R (12:00)  
7 8            Make a 1/2 turn left stepping forward on L, Scuff forward on R\*\* (6:00)

## [S5] R Side-Heel-Toe Walk In-Cha-Cha, L Side-Heel-Toe Walk In-Touch

1 2 3            Step R out to the side, Swivel L heel in, Swivel L toe in  
&4            Step L in place, Step R next to L  
5 6 7            Step L out to the side, Swivel R heel in, Swivel R toe in  
8            Touch R next to L

## [S6] Side (Twist) Rock w/ Toe Swivel, Triple 1/2R Turn, Side (Twist) Rock w/ Toe Swivel, Triple L Full Turn

1 2            Rock R to the side as you twist your body to the left and swivel L toes up to the side,  
                Straighten up to the centre recover on L (6:00)  
3&4            Make a 1/2 triple turn right on R-L-R (on the spot) (12:00)  
5 6            Rock L to the side as you twist your body to the right and swivel R toes up to the side,  
                Straighten up to the centre recover on R  
7&8            Make a full triple turn left on L-R-L (on the spot)\*\*\* (12:00)

## [S7] R Side-Heel-Toe Walk In-Cha-Cha, L Side-Heel-Toe Walk In-Touch (Same as S5)

1 2 3            Step R out to the side, Swivel L heel in, Swivel L toe in  
&4            Step L in place, Step R next to L  
5 6 7            Step L out to the side, Swivel R heel in, Swivel R toe in  
8            Touch R next to L

## [S8] Slow Heel Grind 1/2R Turn, 1/2R-1/2R-Back Rock

- 1 2 Step forward on R heel/grind R heel from L to R whilst making a 1/2 turn right over 2 counts (6:00)
- 3 4 Step back on L, Hold
- 5 6 Make a 1/2 turn right stepping forward on R, Make a 1/2 turn right stepping back on L
- 7 8 Rock back on R, Recover weight on L (6:00)

**Restart on Wall 2 count 32\*\*(12:00) and Wall 5 count 48\*\*\*(12:00)**

**Ending suggestion: The last wall finishes at 6:00, then make a 1/2 turn left stepping back on R to the front.**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 27/Apr/21)**

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