

# Therapy

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - September 2023  
音樂: Therapy - Maisie Peters : (Apple Music/Deezer/Spotify.)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(Dance starts on lyrics)

## [S1] Step-Pivot 1/2L-Step-Pivot 3/4L, Side, Behind-1/4R-Step-Pivot 1/2R

1 2            Step forward on R, Make a ½ turn left recover weight on L (6:00)  
3 4            Step forward on R, Make a ¾ turn left recover weight on L (9:00)  
5 6&         Step R to the side, Step L behind R, Make a ¼ turn right stepping forward on R (12:00)  
7 8            Step forward on L, Make a ½ turn right recover weight on R (6:00)

## [S2] Dorothy, Touch-Side-Touch-Side-Touch-&-Heel-&-Cross-1/4R-Heel-&

1 2&         Step diagonally forward on L, Lock R behind L, Step diagonally forward on L  
3&4&        Touch R next to L, Step R to the side, Touch L next to R, Step L to the side  
5&6&        Touch R next to L, Step R to the side, Touch L heel diagonally forward, Step L beside R  
7&            Cross R over L, Make a ¼ turn right stepping back on L (9:00)  
8&            Touch R heel diagonally forward, Step R beside L

## [S3] Touch-&-Heel-&-Cross-&-Heel, Sailor Step, Touch-1/2R Unwind

1&2&        Touch L next to R, Step L to the side, Touch R heel diagonally forward, Step R beside L  
3&4            Cross L over R, Step R to the side, Touch L heel diagonally forward  
5&6            Step L behind R, Step R to the side, Step L to the side  
7 8            Touch R behind L, Unwind ½ turn right recover weight on R (3:00)

## [S4] L Side Mambo, R Side Mambo, Step-Pivot 1/2R, Shuffle Fwd

1&2            Rock L to the side, Replace weight on R, Step L together  
3&4            Rock R to the side, Replace weight on L, Step R together  
5 6            Step forward on L, Make a ½ turn right recover weight on R (9:00)  
7&8            Shuffle forward on L-R-L

## [S5] Step, Lock w/ Hitch, Behind-Side Rock-Cross, Step, Lock, 1/4R Shuffle Fwd

1 2            Step diagonally forward on R, Lock L behind R and hitch R knee to the right  
3&4&        Step R behind L, Rock L to the side, Replace weight on R, Cross L over R  
5 6            Step diagonally forward on R, Lock L behind R  
7&8            Making a ¼ turn right shuffle forward on R-L-R (12:00)

## [S6] Fwd Rock, 1/2L, 1/4L, Coaster-Cross, Sway-Sway

1 2            Rock forward on L, Replace weight on R  
3 4            Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (3:00)  
5&6            Step back on L, Step R next to L, Cross L over R  
7 8            Step R to the side and sway hips to the right, Sway to the left

## [S7] Side-1/4L Side Shuffle, Fwd Rock, Back Rock, Fwd, 1/2R

1             Step/sway R to the side making a ¼ turn left (12:00)  
2&3            Side shuffle to the left on L-R-L  
4&            Rock forward on R, Replace weight on L  
5 6            Rock back on R, Replace weight on L  
7 8            Step forward on R, Make a ½ turn right stepping back on L (6:00)

## [S8] Back, Cross Touch, Scuff, Heel-Ball-Cross, Side, Behind, 1/4L

1 2 Step back on R, Touch/across L toe over R  
3 4& Scuff out L forward, Touch L heel diagonally forward, Ball step L beside R  
5 6 Cross R over L, Step L to the side  
7 8 Step R beside L, Make a ¼ turn left stepping forward on L (3:00)

**No tags or restarts**

**Ending suggestion: The last wall ends facing 6:00, make a 1/2L pivot turn to the front.**

**(updated: 27/Sept/23)**

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