

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)
(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)
