

Therapy

COPPER **NOB**
STEPSHEETS

Count: 64

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - September 2023

Music: 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)
