

# High Anxiety

Count: 32

Wall: 4

Level: Beginner

Choreographer: Sandy Kerrigan (AUS) - April 2025

Music: Anxiety - Doechi



**Dance Info:** Dance starts wt on Left-Dance starts 18 seconds in-just before "Anxiety"  
BPM [129:00] Track Length 4:09 – There are no tags or restarts.

## **R Heel, Together, L Heel, Together, R Fwd Back Rock Chair 12:00**

1 2 3 4 R Heel Fwd, Step Together, L Heel Fwd, Step Together  
5 6 7 8 Rock Fwd R, Replace Back to L, Rock Back on R, Replace Fwd to L

## **R Side Rock, Stomp, Stomp, R Side Rock, Stomp, Stomp Together 12:00**

1 2 3 4 Rock R to R Side, Replace wt to L, Stomp R next to L, Stomp L next to R  
5 6 7 8 Rock R to R Side, Replace wt to L, Stomp R next to L, Stomp L next to R

**Note:** On the stomps together, lower your knees, downward motion.

## **R Modified Box-Cross L over R 12:00**

1 2 3 4 Step R to R Side, Step L next to R, Step Fwd on R, Step L to L Side  
5 6 7 8 Step R next to L, Step Back on L, Step R to R Side, Cross L over R

## **Step Side, Together, Step Side, Together, Cross, Vine ¼ L 9:00**

1 2 3 4 Step R to R Side, Step L next to R, Step R to R Side, Step L next to R  
5 6 7 Cross R over L, Step L to L Side, Cross/Step R Behind L  
8 Turning ¼ L-Step Fwd L

**Note:** At the very beginning of the song, 1st Instrumental, first soft 8 counts  
Of the "fingerpicked acoustic guitar" you count 32 after the first 8: start dancing.  
In other words from the VERY beginning count 40 counts, and start dancing just before the lyrics.