

# Therapy

Count: 64

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (Grafton, Australia) September 2023

Music : Therapy by Maisie Peters - Available on Apple Music/Deezer/Spotify.

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

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