

Therapy

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Count: 64

Wall: —

Level: Phrased Intermediate

Choreographer: Karen Hannaford & Phoenix Adamson - September 2017 - NZ

Music: Therapy, Brooke Frazer. Album: Therapy

Sequence: ABA ABA ABA A(8counts to finish)

Intro : 36 counts

PART A: 32 counts

A[1-8] SIDE, BEHIND, $\frac{1}{4}$, FWD, $\frac{1}{2}$, $\frac{1}{4}$, BEHIND, $\frac{1}{4}$, FWD, $\frac{1}{2}$.

- 1,2&, Step R to side, cross L behind right, turn $\frac{1}{4}$ right and step R fwd - 3:00
- 3,4 Step L fwd, pivot $\frac{1}{2}$ right taking weight on R. - 9:00
- 5,6&, Turn $\frac{1}{4}$ right and step L to side, cross R behind left. Turn $\frac{1}{4}$ left and step L fwd - 9:00
- 7,8 Step R fwd, pivot $\frac{1}{2}$ left taking weight on L - 3:00

A[9-16] $\frac{1}{2}$,BEHIND-SIDE-CROSS, RECOVER-SIDE-FWD, $\frac{1}{2}$ -TOG-FWD, $\frac{1}{2}$ -TOG

- 1,2&3 Turn $\frac{1}{2}$ left stepping back on the R sweeping L to the back, cross L behind right, step R to side, cross L over - 9:00
- 4&5 Recover weight on R, step L to side, step R fwd - 9:00
- 6&7 Pivot half left taking weight on L, step R tog, step L fwd - 3:00
- 8 Pivot $\frac{1}{2}$ right taking weight on R - 9:00

A[17-24] SPIRAL, FWD, $\frac{1}{4}$, ROCK BACK, RECOVER, SIDE, BEHIND-SIDE

- 1,2,3 Step L fwd hitching R and turn full turn right, step R fwd, turn $\frac{1}{4}$ right and step L to side - 12:00
- 4&5 Rock R back behind left, recover weight on L, step R to side - 12:00
- 6&7 Step L behind right, step R to side, cross L over right - 12:00
- 8 Turn $\frac{1}{8}$ right and step R fwd to the 1:30 corner - 1:30

A[25-32] WALK L-R, $\frac{3}{8}$ PIVOT, FWD, $\frac{1}{4}$, $\frac{1}{2}$, FWD, $\frac{1}{4}$ PIVOT

- 1,2, Step L fwd and across right, step R fwd and across left - 1:30
- 3&4 Step L fwd, pivot $\frac{3}{8}$ right taking weight on R, step L fwd - 6:00
- 5,6, Turn $\frac{1}{4}$ left stepping R back, turn $\frac{1}{2}$ left stepping L fwd - 9:00

7,8 Step R fwd, Pivot $\frac{1}{4}$ left taking weight on L - 6:00

PART B: 32 counts

B[1-8] CROSS SAMBA, CROSS - $\frac{1}{4}$ - LOCK, BACK, $\frac{1}{2}$, SIDE SHUFFLE

1&2 Cross R over left, step L to side, recover weight on R - 6:00

3&4 Cross L over right, turn $\frac{1}{4}$ left stepping R back, cross (lock) L over right - 3:00

5,6 Step R back, Turn $\frac{1}{2}$ left stepping L fwd - 9:00

7&8 Step R to side, step L tog, step R to side - 9:00

B[9-16] BACK ROCK, RECOVER, $\frac{1}{4}$ -LOCK-BACK, $\frac{1}{2}$, $\frac{1}{2}$, COASTER

1,2 Rock L back behind right, recover weight on R - 9:00

3&4 Turn $\frac{1}{4}$ right and step back on L, cross(lock) R over left, step L back - 12:00

5,6 Turn $\frac{1}{2}$ right and step R fwd, turn $\frac{1}{2}$ right and step L back - 12:00

7&8 Step R back, step L tog, step R fwd - 12:00

B[17-24] $\frac{1}{4}$ HIPS LRL, $\frac{1}{2}$ HIPS RLR, CROSS ROCK, RECOVER, $\frac{1}{4}$ SHUFFLE

1&2 Turn $\frac{1}{4}$ right stepping L to side and bumping hips LRL - 3:00

3&4 Turn $\frac{1}{2}$ right stepping R to side and bumping hips RLR - 9:00

5,6,7&8 Cross rock L over right, recover weight on R, step L to side, step R tog, turn $\frac{1}{4}$ left stepping L fwd - 6:00

B[25-32] $\frac{1}{2}$, $\frac{1}{2}$, FWD, $\frac{1}{2}$ PIVOT, FWD, ROCK FWD, RECOVER, TOG, ROCK BACK, RECOVER

1,2 Turn $\frac{1}{2}$ left stepping R back, turn $\frac{1}{2}$ left stepping L fwd, - 6:00

3&4 Step R fwd, pivot $\frac{1}{2}$ left taking weight on L, step R fwd - 12:00

5,6&7,8 Rock fwd L, recover weight to R, step tog, rock back on R, recover weight to L - 12:00

FINISH - Dance the first 7 counts of A and pivot $\frac{1}{4}$ left to the front on count 8.

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