

# Panic

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**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Jesús Moreno Vera – April 2019

**Music:** High Hopes By Panic! At the Disco

• **On walls 3, 6 and 7, dance gently**

**Enter 16 counts**

**S1: TOE HEEL STOMP x2, ROCKING CHAIR, SHUFFLE FWD**

**01. Mark right toe to the side.**

& Mark heel right foot to the side.

**02. Stomp front with right foot.**

**03. Mark left toe to the side.**

& Mark heel left foot to the side

**04. Stomp front with left foot.**

**05. Rock in front with right foot.**

& Recover weight on left foot

**06. Rock back with right foot.**

& Recover weight in left foot.

**07. Step forward with right foot.**

& Step forward with left foot.

**08. Step forward with right foot.**

**S2: TOE HEEL STOMP x2, ROCKING CHAIR, STEP TURN ¼ STOMP**

**01. Mark left toe to the side.**

& Mark heel left foot to the side.

**02. Stomp front with left foot.**

**03. Mark right toe to the side.**

& Mark heel right foot to the side.

**04. Stomp front with right foot.**

**05. Rock in front with left foot.**

& Regain weight in right foot.

**06. Rock back with left foot.**

& Regain weight in right foot.

**07. Step forward with left foot.**

& Turn  $\frac{1}{4}$  turn to the right. (3:00)

**08. Stomp with left foot next to the right.**

**\* HERE, AT THIS POINT ON WALL 3, WE RESET THE DANCE.**

**S3: SCISSOR, CHASSE TURN  $\frac{1}{4}$ , STEP TURN  $\frac{1}{2}$ , MAMBO FWD**

**01. Step with right foot to the side.**

& Step with left foot next to the right.

**02. Cross right foot in front of left.**

**03. Step with left foot to the side.**

& Step with right foot to the left side.

**04. Turn  $\frac{1}{4}$  to the left and step forward with left foot. (12:00)**

**05. Step forward with right foot.**

& Turn  $\frac{1}{2}$  turn to the left. (6 o'clock)

**06. Step forward with right foot.**

**07. Rock in front with left foot.**

& Regain weight in right foot.

**08. Step with left foot next to the right.**

## **S4: COASTER STEP, SHUFFLE FWD, ROCKING CHAIR, LONG STEP TURNING $\frac{1}{4}$ , DRAG**

### **01.Step back with right foot.**

& Step with left foot next to the right.

### **02.Step forward with right foot.**

### **03.Step forward with left foot.**

& Step with right foot to the left side.

### **04.Step forward with left foot.**

### **05.Rock in front with right foot.**

& Recover weight in left foot.

### **06.Rock back with right foot.**

& Recover weight in left foot.

### **07.Turn $\frac{1}{4}$ turn to the left and long step with right foot to the side. (3:00)**

### **08.Drag with left foot until equal. (weight on left foot)**

**Last Update - 4 April 2019**