

# Just A Little Psycho

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**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Donna Manning (April 2013)

**Music:** Mama's Broken Heart – Miranda Lambert

**3 places to fix.... On counts 11 & 12 on the 4th rotation and the 8th rotation you will alter the steps from the pattern to adjust for the music and phrasing.**

**On the 9th rotation there will be a 4 count tag after the first 20 counts of the dance and breathe...you will begin again on the word 'fix'....go and 'fix' your makeup....after the pause in the music.**

**16 count intro.....**

**Sec. 1: (1-8) Step, Kick, Step, Touch, Step, Rock, Recover, Back, Together**

- 1, 2** Step forward on the L, Kick the R forward
- 3, 4** Step back on the R, Touch the L back (black bottom steps)
- 5, 6, 7** Step L forward, Rock forward on R, Recover weight back to L
- 8, &** Step R back, Close L to R (12:00)

**Sec. 2: (9-16) R Triple Step Forward, ¼ Turn R L Back Triple, R Side Triple, L Cross Kick, Step, Touch**

- 1&2** Step R forward, Close ball of L to R, Step R forward

**\*\*\*on the 4th and 8th rotation you must change counts 3, 4 to - Step L forward and on the ball of the L turn ½ turn R as you step R to R side - ready to RESTART the dance.**

- 3&4** On the ball of the R ¼ turn R Step back on L, Close ball R to L, Step back on L
- 5&6** Step R to R Side, Close L to R, Step R to R side
- 7&8** Kick L across R, Step L to L side, Touch R next to L (3:00)

**Sec.3: (17-24) Side, Kick, Side, Kick, ¼ Turn R Triple, L Mambo Step**

- 1, 2, 3, 4** Step R to side, Kick L across R, Step L to L side, kick R across L

**\*\*\*on the 9th rotation, right after the second time you fix the phrasing, you will do: the 1st 20 counts above, then insert these steps:**

**.5) Step R across L (your foot will already be in the air just step down across the L)**

**.6) ¼ turn to the R stepping back on the L**

**.7) Step R to R side**

**.8) Touch L next to R**

**\*\* You will restart on the word “fix”, go and “fix” your makeup.....there will still be a pause before you restart...you’ll have to feel through it.**

**5&6** Step R to R side, close L to R, Turn ¼ R as you Step R forward

**7&8** Rock forward on L, Recover weight to R, Step back on L (6:00)

**Sec. 4: (25-32) Step, Touch, Step, Together, Heel Split, R Flick, Heel Split, L Flick**

**1, 2, 3, 4** Step R back on a diagonal, Touch L next To R, Step L back on a diagonal, Bring R center with L -weight even

**5&** On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the L foot

**6&** Leaving weight on the L, flick R heel out to the R side, return R to center taking weight to both feet

**7&** On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the R foot

**8** Leaving weight on the R, flick L heel out to the L side (leaving foot up ready to begin the dance again with L) (6:00)

**HAVE FUN!!!**

**Contact: [www.dancinfree.com](http://www.dancinfree.com)**

**Please do not alter this step sheet in any way.**

**If you would like to use on your website please make sure it is in its original format and include all contact details on this script.**

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