|  |  |
| --- | --- |
| Therapy |  |

.

|  |
| --- |
| . |
| **Count:** | 80 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Gabi Ibáñez (ES) & Paqui Monroy (ES) - March 2021 |
| **Music:** | Backroad Therapy - Shawn Allen |
| . |

**RF= Right Foot**

**LF = Left Foot**

**INTRO, TAG & END:**

**There is a musical part that requires adding the following steps:**

**INTRO: before we start the dance, we take these steps**

**TAG: on the 5th wall after step 48 we add these steps as TAG (6h)**

**FINAL: on the 7th wall after step 32 we add these steps as the end (6h)**

**[1-24] STOMP +7 HOLDS, STOMP,STOMP +6 HOLDS, STOMP, STOMP, STOMP +5 HOLDS**

|  |  |
| --- | --- |
| 1 - 8 | Stomp RF + 7 holds |

|  |  |
| --- | --- |
| 1 - 8 | Stomp LF, Stomp RF + 6 holds |

|  |  |
| --- | --- |
| 1 - 8 | Stomp LF, Stomp RF, Stomp LF + 5 holds |

**[25-32] VINE (R ), VINE ( L)**

|  |  |
| --- | --- |
| 1 - 2 | Step RF to right, Cross LF behind RF |

|  |  |
| --- | --- |
| 3 - 4 | Step RF to rigt, Scuff LF |

|  |  |
| --- | --- |
| 5 - 6 | Step LF to left, Cross RF behind LF |

|  |  |
| --- | --- |
| 7 - 8 | Step LF to left, Scuff RF |

**DANCE:**

**[1-8] RUMBA (R ) fwrd, STEP(R), TOUCH(L), STEP (L), TOUCH (R)**

|  |  |
| --- | --- |
| 1 - 2 | Step RF to right, Step LF next to RF |

|  |  |
| --- | --- |
| 3 - 4 | Step RF forward, Touch LF next to RF |

|  |  |
| --- | --- |
| 5 - 6 | Step LF to left, Touch RF next to LF |

|  |  |
| --- | --- |
| 7 - 8 | Step RF to right, Touch LF next to RF |

**[9 - 16] RUMBA (L) back , SLOW COASTER STEP (R)**

|  |  |
| --- | --- |
| 1 - 2 | Step LF to left, Step RF next to LF |

|  |  |
| --- | --- |
| 3 - 4 | Step LF back, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Step RF back, Step LF back next to RF |

|  |  |
| --- | --- |
| 7 - 8 | Step RF forward, Scuff LF |

|  |
| --- |
|   |

**[17-24] ¼ TURN, SCUFF, ¼ TURN, SCUFF, ¼ TURN, SCUFF, ¼ TURN, SCUFF**

|  |  |
| --- | --- |
| 1 - 2 | Turn ¼ to right step LF to left, Scuff RF (3h) |

|  |  |
| --- | --- |
| 3 - 4 | Turn ¼ to right step RF forward, Scuff LF (6h) |

|  |  |
| --- | --- |
| 5 - 6 | Turn ¼ to right step LF to left, Scuff RF (9h) |

|  |  |
| --- | --- |
| 7 - 8 | Turn ¼ to right step RF forward, Scuff LF (12h) |

**[25-32] MAMBO STEP (L) fwrd, TOE (R) back, ½ TURN to right, STOMP (L), HOLD**

|  |  |
| --- | --- |
| 1 - 2 | Rock LF forward, Recover weight on RF |

|  |  |
| --- | --- |
| 3 - 4 | Step LF back, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Touch right toe back, Turn ½ to right strut RF (6h) |

|  |  |
| --- | --- |
| 7 - 8 | Stomp LF next to RF, Hold |

**\* here, at 7a. wall we will add the end of the dance**

**[33-40] POINT(R ), TOGETHER, POINT(R ), HOLD, ROCKS STEPS (R)fwrd (jumping) TWICE**

|  |  |
| --- | --- |
| 1 - 2 | Touch right point to right, Touch right point next to LF |

|  |  |
| --- | --- |
| 3 - 4 | Touch right point to right, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Rock cross RF over LF, Recover weight on LF moving back a little (jumping) |

|  |  |
| --- | --- |
| 7 - 8 | Rock cross RF over LF, Recover weight on LF moving back a little (jumping) |

**[41-48] SLOW SCISSOR (R ), TOE (L), SUFF(L), CROSS (L). HOLD**

|  |  |
| --- | --- |
| 1 - 2 | Rock RF to right, Step LF next to RF |

|  |  |
| --- | --- |
| 3 - 4 | Cross RF over LF, Hold |

|  |  |
| --- | --- |
| 5 - 6 | Touch left toe back in left diagonal, Scuff LF |

|  |  |
| --- | --- |
| 7 - 8 | Cross LF over RF, Hold |

**\* Here on the 5th wall, we will add the TAG**

**[49-56] ROCKING CHAIR (R ), SLOW MAMBO STEP ( R)**

|  |  |
| --- | --- |
| 1 - 2 | Rock RF forward, Recover weight on LF |

|  |  |
| --- | --- |
| 3 - 4 | Rock RF back, Recover weight on LF |

|  |  |
| --- | --- |
| 5 - 6 | Rock RF to right, Recover weight on LF |

|  |  |
| --- | --- |
| 7 - 8 | Step RF next to LF, Hold |

**[57-64] ROCKING CHAIR (L), SLOW MAMBO STEP (L)**

|  |  |
| --- | --- |
| 1 - 2 | Rock LF forward, Recover weight on RF |

|  |  |
| --- | --- |
| 3 - 4 | Rock LF back, Recover weight on RF |

|  |  |
| --- | --- |
| 5 - 6 | Rock LF to left, Recover weight on RF |

|  |  |
| --- | --- |
| 7 - 8 | Step LF next to RF, Hold |

**[65-72] STEP fwrd (R ), HOLD, ½ TURN (L), HOLD, WALK fwrd (R-L-R), HOLD**

|  |  |
| --- | --- |
| 1 - 2 | Step RF forward, Hold |

|  |  |
| --- | --- |
| 3 - 4 | Turn ½ to left, Hold (12h) |

|  |  |
| --- | --- |
| 5 - 6 | Step RF forward, Step LF forward |

|  |  |
| --- | --- |
| 7 - 8 | Step LF forward, Hold |

**[73-80] STEP fwrd (L), HOLD, ½ TURN (R ), STOMPS Fwrd (L-R-L), HOLD**

|  |  |
| --- | --- |
| 1 - 2 | Step LF forward, Hold |

|  |  |
| --- | --- |
| 3 - 4 | Turn ½ to right, Hold (6h) |

|  |  |
| --- | --- |
| 5 - 6 | Stomp LF forward, Stomp RF forward |

|  |  |
| --- | --- |
| 7 - 8 | Stomp LF forward, Hold |

**REPEAT**