Don't Stress

Count: 48 **Wall:** 2 **Level:** Easy Intermediate
Choreographer: Lisa McCammon (USA) - September 2021
Music: Stressed - UPSAHL : (CD: Hindsight 20/20)

#16 count intro - Start weight on L

NOTE: I am grateful to Michele Burton for listening to me whine while I was writing this dance; YOU can be grateful to Michele because she convinced me that a restart was better than the 24-count tag I had written . This dance is dedicated to Adrienne K, who encouraged me to publish it.

WALK BACK R, L, COASTER STEP; STEP, LOCK, STEP, LOCK

1-2	Walk back R, L (dancers may choose to turn right ½, ½)
3&4	Step back R, close L, step forward R
5-6	Step forward L, lock R whilst popping L knee
7-8	Step forward L, lock R whilst popping L knee

STEP, TURN RIGHT ¼, CROSS-&-CROSS; SIDE ROCK, RECOVER, TOASTER ¼

1-2, 3&4	Step forward L, turn right ¼ [3] onto R, cross L, small step side R, cross L
5-6	Side rock R, recover L
7&8	Turn right ¼ [6] stepping back R, close L, step forward R

STEP,TURN LEFT ½, TRIPLE FORWARD; ROCK, RECOVER-&-ROCK, RECOVER

1	Step forward L (prep for turn left)
2	With weight on L ball, turn LEFT ½ [12], keeping R foot snugged at L ankle
3&4	Step forward R, close L, step forward R
5-6	Rock forward L, recover R
&7-8	Close L, rock forward R, recover L ***RESTART

TRIPLE BACK, BACK ROCK, RECOVER, WALK, WALK, MAMBO

1&2, 3-4	Step back R, close L, step back R, rock back L, recover R
5-6	Walk L, R (dancers may choose to turn right ½, ½),
7&8	Rock forward L, recover R, step slightly back L

BACK/SWEEP, BEHIND-SIDE-CROSS-&-HEEL-&; STEP, TURN LEFT ¼, ROCK, RECOVER

1	Step back R whilst sweeping L back
2&	Step L behind, step side R
3&4&	Cross L, step R to side, touch L heel forward, close L
5-6	Step forward R, turn left ¼ [9]
7-8	Rock forward R, recover L

BACK/SWEEP, BEHIND-SIDE-CROSS-&-HEEL-&; STEP, TURN LEFT ¼, ROCK, RECOVER

1	Step back R whilst sweeping L back
2&	Step L behind, step side R
3&4&	Cross L, step R to side, touch L heel forward, close L
5-6	Step forward R, turn left ¼ [6]
7-8	Rock forward R, recover L

*****RESTART after 24 counts during 5th repetition, starting and restarting at the front wall.**

END: your last full repetition ends at the back wall. For the last 16 counts remaining, match the music by repeating the last 16 counts of the dance. Instead of the rock, recover for 7-8 at the front wall, step forward R, touch L home, then step side left, ta-dah!

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