Count: 48
Wall: 4
Level: Phrased Advanced
Choreographer: Dustin Betts (USA) - March 2021
Music: Stressed - UPSAHL


Intro-8 counts from beginning of song
Sequence- A, B, B16 (restart), B, A, B, B16 (restart), B, A, B24 (restart), B*, A, A

## Part A

[1-8] R STEP, L KICK, BALL CROSS, L POINT, STEP- R POINT, $1 / 4$ L POINT, BALL CROSS, $3 / 4$ PIVOT

## LEFT

12 Step R slightly fwd (1), Kick L to left diagonal (2), 12.00
a 34 Step $L$ slightly to left (a), Cross $R$ over $L$ (3), Point $L$ to left side (4) 12.00
a 5 a $6 \quad$ Bring $L$ to center (a), Point $R$ to right side (5), Bring $R$ to center (a), Make $1 / 4$ turn right pointing L to left side (6), 3.00
a $78 \quad$ Bring $L$ to center (a), Cross $R$ over $L$ (7), $3 / 4$ pivot left taking weight fwd onto $L$ (8). 6.00
[9-16] $1 / 4$ LEFT STEP R TO RIGHT, BEHIND-SIDE-CROSS, HITCH $1 / 4$ TURN, R STEP, PREP, $1 ⁄ 2,1 / 2$
12 a 3 Make $1 / 4$ turn left stepping $R$ to right side (1), Cross $L$ behind $R$ (2), Step $R$ to right side (a), Cross L over R (3), 3.00
$45 \quad$ Make $1 / 4$ turn left hitching $R$ knee (4), Step $R$ fwd (5), 12.00
678 Step L fwd prepping body (6), Make $1 / 2$ turn left stepping $R$ back (6.00)(7), Make $1 / 2$ turn left stepping L fwd (8). 12.00

Part B
[1-8] R ROCK, RECOVER, ½ R, ¼ BALL SIDE, CROSS-SIDE-BEHIND, SIDE-L POINT, BALL CROSS,
12 a 3 Rock $R$ fwd(1), Recover onto L(2), Make $1 / 2$ turn right stepping $R$ fwd (a), Make $1 / 4$ turn right stepping $L$ to left (3), 9.00
45 a $6 \quad$ Step $R$ to right side (4), Cross $L$ over $R(5)$, Step $R$ to $R$ side (a), Cross $L$ behind $R(6), 9.00$
a 7 Step $R$ to $R$ side (a), Point $L$ toe to $L$ side (7), 9.00
a $8 \quad$ Bring $L$ ball of foot to center (a), Cross $R$ over $L$ (8) 9.00

## [9-16] L $3 / 4$ UNWIND, $1 ⁄ 4$ TURN L, SAILOR STEP, BEHIND-SIDE- CROSS, $1 / 4$, TOGETHER, $1 / 4$ CROSS, $R$

 SIDE12 Make $3 / 4$ turn left transferring to $L$ (1), Make $1 / 4$ turn left stepping $R$ to $R$ side (2), 9.00
3 a $4 \quad$ Cross $L$ behind $R(3)$, Step $R$ slightly to $R$ (a), Step $L$ to $L$ side (4) 9.00
5 a $6 \quad$ Cross $R$ behind $L$ (5), Step $L$ to $L$ side (a), Cross $R$ over $L$ (6), 9.00
a 7 a $8 \quad$ Make $1 / 4$ turn left stepping $L$ fwd (a), Bring $R$ next to $L$ (7), Make $1 / 4$ turn left crossing $L$ (a), Step R to R side (8). 3.00
[17-24] 1/4 LEFT CROSS, BACK-BACK-CROSS, L BACK, ½ RIGHT, ½ RIGHT L PIVOT, L FWD, ½ BACK R SWEEP L
12 a Make $1 / 4$ turn left crossing $L$ over R (1), Step $R$ to back $R$ diagonal (2), Step $L$ back (a), 12.00
34 a Cross $R$ over $L$ (3), Step $L$ back (4), Make $1 / 2$ turn right stepping right fwd (a), 6.00
56 Step L fwd (5), Pivot $1 / 2$ right taking weight onto R (6) 12.00
78 Step $L$ fwd (7), Make $1 / 2$ turn left stepping $R$ back sweeping $L$ front to back (8). 6.00
[25-32] R SWEEP, BEHIND SIDE CROSS, BALL SIDE, CROSS, $1 / 4,1 / 2$ L SHUFFLE FWD
12 a Step $L$ back sweeping $R$ front to back (1), Cross $R$ behind $L$ (2), Step $L$ to left side (a), 6.00
3 a $4 \quad$ Cross $R$ over $L$ (3), Step ball of $L$ to left side (a), Step $R$ to right side (4), 6.00
$56 \quad$ Cross $L$ over $R$ (5), Make $1 / 4$ turn left stepping $R$ back (6), 3.00
7 a $8 \quad$ Make $1 / 4$ turn left stepping $L$ to left side (7), Bring $R$ next to $L$ (a), Make $1 / 4$ turn left stepping $L$ fwd (8) 9.00

Restarts:
First \& second restarts happen on wall $3 \& 7$ after 16 cts, after behind-side-cross (5a6)(9.00), Make $1 / 4$ turn left stepping $L$ fwd (a), Make $1 / 4$ turn left bringing $R$ next to $L$ (7), Make $1 / 4$ turn left stepping $L$ fwd (8). Restart facing wall you originally came from

Last restart happens after 24 cts on wall 10 , after pivot $1 / 2(5-6)$, step fwd (7), $1 / 2,1 / 2$, ( 8 a). End facing (12.00)
$B^{*}$ - This is the last $B$, you will dance the dance normally until the last count, make an additional $1 / 4$ turn left (6.00), to finish last 2 A's.

Enjoy!

