

Back for Seconds (Sweet but Psycho)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Morgan Horowitz (USA) - May 2025

Music: Sweet but Psycho - Ava Max



Dance rotates clockwise

[1-8]: V STEP x 2

- 1,2,3,4 - Step R fwd onto R diagonal (45 deg), Step L fwd onto L diagonal (45 deg), Step R back to centre, Step L beside R
- 5,6,7,8 - Step R fwd onto R diagonal (45 deg), Step L fwd onto L diagonal (45 deg), Step R back to centre, Step L beside R

[9-16]: R ROCK, RECOVER, ½ PIVOT TURN SHUFFLE/TRIPLE, L FWD 1/2 PIVOT TURN, CAMEL WALK

- 1,2 - Rock fwd on RF, recover weight to LF
- 3&4 - ½ turn over RT shoulder, stepping fwd on RF, slide LF to RT instep, step fwd on RF
- 5,6 - Step L fwd, ½ turn pivot over R
- &,7,&,8 - Step L fwd while popping R knee, step R fwd while popping L knee Step L fwd while popping R knee, step fwd R

****Restart happens here (wall 10 facing 3;00); need to modify from camel walks to step LF fwd, touch RF next to LF to start V Step**

[17-24]: L CROSS HEEL GRIND, STEP LEFT, SWEEP RIGHT 1/4 TURN, WALK R, WALK L, R ROCK, RECOVER

- 1,2 - L heel touch cross over R, L heel grind in place as R steps to the side
- 3,4 - Step LF fwd as RF Sweeps back to front - turning ¼ L, continue RF Sweep(9:00)
- 5,6 - Walk RF, Walk LF
- 7,8 - Rock fwd on RF, recover weight to LF

[25-32]: JUMP OUT PARALLEL, CROSS R OVER L, SLOW UNWIND ½ TURN

- 1&2 - Jump feet parallel RF then LF
- 3&4 - Jump cross RF over LF
- 4,5,6,7 - Slow unwind over L shoulder

****have fun! Tag @move_with_morgan__ on IG! Opportunities to add your own flare and spins**