

# Stressed Out

**COPPER** KNOB  
STEPPERS

拍數: 48      牆數: 4      級數: Phrased Intermediate  
編舞者: Weber Wen (USA) - May 2016  
音樂: Stressed Out - twenty one pilots : (Album: Blurryface)



**INTRO: 8 counts - SEQUENCE: AB - AB - ATB - A - A - A - A**

## **[Part A] 32 counts**

### **AS1: ROCK, RECOVER, 1/4 TURN SHUFFLE, MAMBO, BACK-TURN-STEP**

1-2      Cross R over L; Recover weight on L  
3&4      Step R to side, step L next R, turn 1/4 to right stepping forward on R (3:00)  
5&6      Rock forward on L, recover weight on R, step L next to R  
7&8      Step back on R, turn 1/2 to left stepping forward on L, step forward on R (9:00)

### **AS2: HEEL SWITCHES, CROSS-AND-HEEL-AND, HEEL SWITCHES, CROSS-AND-HEEL-AND**

1&2&      Touch L heel front, step L next to R, touch R heel front, step R next to L  
3&4&      Cross L over R, step R to side, touch L heel front diagonally, step L next to R  
5&6&      Touch R heel front, step R next to L, touch L heel front, step L next to R  
7&8&      Cross R over L, step L to side, touch R heel front diagonally, step R next to L

### **AS3: CROSS-BACK-TURN, SHUFFLE x 2, CHASE 1/2 TURN**

1&2      Cross L over R, step back on R, turn 1/4 to left stepping L to side (6:00)  
3&4      Step forward on R, step L next to R, step forward on R  
5&6      Step forward on L, step R next to L, step forward on L  
7&8      Step forward on R, pivot 1/2 turn to left, step forward on R (12:00)

### **AS4: STEP, LOCK-STEP-STEP-LOCK-STEP-SCUFF, CROSS ROCK-AND-SIDE, CROSS ROCK-AND-SIDE-TURN**

1-2&      Step forward on L; Lock R behind L, step forward on L  
3&4&      Step slightly forward on R, lock L behind R, step forward on R, scuff L heel forward  
5&6      Cross rock L over R, recover weight on R, step L to side  
7&8&      Cross rock R over L, recover weight on L, step R to side, turn 1/4 to left stepping L to side (9:00)

## **[Part B] (16 counts) Dance only first 3 walls**

### **BS1: SIDE, SAILOR, BEHIND-TURN-STEP, PIVOT 1/2 TURN L, 1/4 TURN L SIDE, KICK-BALL**

1-2&      Step R to side; Step L behind R, step R next to L  
3-4&      Step L to side; Step R behind L, turn 1/4 to left stepping forward on L (6:00)  
5-6      Step forward on R; Pivot 1/2 turn to left (12:00)  
7-8&      Turn 1/4 turn to left stepping R to side; Kick L forward, step ball of L next to R (9:00)

### **BS2: TRAVELING DIAMOND**

1-2&      Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (6:00)  
3-4&      Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (3:00)  
5-6&      Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (12:00)  
7-8&      Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (9:00)

### **[TAG] SCUFF-HITCH-TOUCH**

1&2      Scuff R heel forward, hitch R knee up, touch R toe to side

**\* Happens one time only on Wall 3 after Part A**

Contact: [weberwen@yahoo.com](mailto:weberwen@yahoo.com)

---