

# Conro's Therapy

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Mikael Mölsä (FIN) - March 2024  
音樂: Therapy - Conro



**Starting point:** Just before the lyrics at the heavy beat, at about 0:19.

**Note:** Repeat the last 16 counts after walls 1 & 3. There is a 8-count tag after wall 2 and one 4-count long tag after wall 5.

## ROCK STEP, BEHIND-SIDE-CROSS, SIDE STEP, SAILOR STEP, STEP BEHIND

- 1-2      Rock right to right diagonal, recover weight back to left
- 3&4      Step right behind left, step left to left side, step right across left
- 5-6      Take a big step to left with left, slide right next to left
- 7&8&      Step right behind left, step left next to right, step right to right diagonal, step left behind right

**Note:** On walls 1 & 3 you can change accentuate the 1 with a stamp instead of step (weight is still returned back to left on count 2).

## 1/2 LEFT TURNING UNWIND, ROCK FORWARD, STEP BACK WITH 1/4 LEFT TURNING SWEEP, SAILOR STEP

- 1-2      Unwind 1/2 to left for 2 counts (weight ends up on left)
- 3-4      Rock right forward, recover weight back to left
- 5-6      Step right back and start the 1/4 left turning sweep with left foot, finish 1/4 left turning sweep with left foot
- 7&8      Step left behind right, step right next to left, step left to left diagonal

## PONY STEPS BACK, OUT, OUT, IN, CROSS, HALF UNWIND

- 1&2      Rock right back, recover weight back to left, rock weight back to right
- 3&4      Rock left back, recover weight back to right, rock weight back to left
- 5&      Step right out, step left out
- 6&      Step right in place, step left across right
- 7-8      Unwind a half turn (weight ends up on left)

## PONY STEPS BACK, KICK & TOUCHES

- 1&2      Rock right back, recover weight back to left, rock weight back to right
- 3&4      Rock left back, recover weight back to right, rock weight back to left
- 5&6&      Kick right forward, step right next to left, touch left to left side, step left next to right
- 7-8      Touch right to right side, hold

**Note:** music is silent for 7-8 counts, so no need to do anything on those counts.

## REPEAT

### TAG1 (after wall 2, 8 counts)

## ROCK STEP, BEHIND-SIDE-CROSS, ROCK STEP, BEHIND-SIDE-CROSS

- 1-2      Rock right to right side, recover weight back to left
- 3&4      Step right behind left, step left to left side, step right across left
- 5-6      Rock left to left side, recover weight back to right
- 7&8      Step left behind right, step right to right side, step left across right

### TAG2 (after wall 5, 4 counts)

## STEP OUT, OUT, IN, IN

- 1-2      Step right foot out, step left foot out

3-4

Step right foot back in place, step left foot next to right

**ENDING:**

The dance ends on wall 8 (starts facing 3:00). On that wall, change the behind-side-cross (3&4) to a 1/4 left turning sailor touch. After that do the out-out-in-in as it fits the music.

---