

## Drop The Pressure

32 count, 4 wall, beginner/intermediate level  
Choreographer: Heidi Noorland (NL) May 2005  
Choreographed to: Drop The Pressure by Mylo,  
(Radio Edit)

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The dance starts after 32 counts. You start the dance with your feet shoulder width from each other

### **Zigzag body move, arm move, shuffle left**

Move only your upper body and bend a little through the knees.

- 1-4 Move your body a little bit down to the left, move your body a little bit down to the right,  
move your body a little bit down left, move your body up to the right  
(so now your standing straight again and weight on the right)

Note: For a funky move, you move your shoulders together with your body.

When you move your body to the left, put your left shoulder up on your right shoulder down. When you going to the right, right shoulder up etc.

- 5 Push your right fist forward, (arm is stretched)  
6 Push your right fist down to the ground, at the same time you touch your left toes behind right foot  
7&8 Shuffle to the left (feet L,R,L)

### **Full turn left, shuffle left, stopped skate move R,L, cha cha cha to the right**

- 1-2 Cross right foot over left, make a full turn to the left  
3&4 Shuffle to the left (L.R.L.)  
5-6 Skate move to the right (your not really going forward just an apparent movement)  
The same skate move to the left  
7&8 Cha cha cha to the right (R.L.R.)

### **Tap kick step left, tap kick step r, ? turn, hip move, body roll left with ? turn to left**

- 1-2 Touch left toes behind right foot, kick left foot forward and step back in place.  
3-4 Touch right toes behind left foot, kick right foot forward and step back in place  
5-6 Step right foot forward with a 1/8 to the left, hip move R.L.R.  
7-8 Body roll to left and at the same time 1/8 turn to the left and put right foot together with left

### **2x hitch knee, shuffle forward, step out out**

- 1-2 Touch right toes forward, hitch right knee  
3-4 Touch right toes back, hitch right knee  
5&6 Shuffle forward R.L.R.  
7-8 Step left foot left forward, step right foot right forward  
(your feet are shoulder width from each other)
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