

Just A Little Psycho

32 Count, 2 Wall, Improver

Choreographer: Donna Manning (USA) April 2013

Choreographed to: Mama's Broken Heart by Miranda Lambert

16 count intro

1-8 Step, Kick, Step, Touch, Step, Rock, Recover, Back, Together

- 1, 2 Step forward on the L, Kick the R forward
3, 4 Step back on the R, Touch the L back (black bottom steps)
5, 6, 7 Step L forward, Rock forward on R, Recover weight back to L
8, & Step R back, Close L to R (12:00)

9-16 R Triple Step Forward, ¼ Turn R L Back Triple, R Side Triple, L Cross Kick, Step, Touch

- 1&2 Step R forward, Close ball of L to R, Step R forward

***RESTART on the 4th and 8th rotation you must change counts 3, 4 to –

Step L forward and on the ball of the L turn ½ turn R as you step R to R side – ready to RESTART the dance.

- 3&4 On the ball of the R ¼ turn R Step back on L, Close ball R to L, Step back on L

- 5&6 Step R to R Side, Close L to R, Step R to R side

- 7&8 Kick L across R, Step L to L side, Touch R next to L (3:00)

17-24 Side, Kick, Side, Kick, ¼ Turn R Triple, L Mambo Step

- 1,2,3,4 Step R to side, Kick L across R, Step L to L side, kick R across L

***TAG & RESTART: on the 9th rotation, right after the second time you fix the phrasing, you will do the 1st 20 counts above, then insert these steps:

- .5) Step R across L (your foot will already be in the air just step down across the L)

- .6) ¼ turn to the R stepping back on the L

- .7) Step R to R side

- .8) Touch L next to R

** You will restart on the word "fix", go and "fix" your makeup.....there will still be a pause before you restart...you'll have to feel through it.

- 5&6 Step R to R side, close L to R, Turn ¼ R as you Step R forward

- 7&8 Rock forward on L, Recover weight to R, Step back on L (6:00)

25-32 Step, Touch, Step, Together, Heel Split, R Flick, Heel Split, L Flick

- 1,2,3,4 Step R back on a diagonal, Touch L next To R, Step L back on a diagonal, Bring R center with L – weight even

- 5& On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the L foot

- 6& Leaving weight on the L, flick R heel out to the R side, return R to center taking weight to both feet

- 7& On the balls of both feet, take heels out from center at the same time, return heels to center taking weight to the R foot

- 8 Flick L heel out to the L side (leaving foot up ready to begin the dance again with L) (6:00)

3 places to fix....

On counts 11 & 12 on the 4th rotation and the 8th rotation you will alter the steps from the pattern to adjust for the music and phrasing.

On the 9th rotation there will be a 4 count tag after the first 20 counts of the dance and breathe... you will begin again on the word 'fix'....go and 'fix' your makeup....after the pause in the music.