

Therapy

32 Count, 4 Wall, Intermediate

Choreographer: Bracken Potter (USA) Feb 2009

Choreographed to: Therapy by India Arie,

CD: Testimony Volume 2 Love and Politics

WALK, WALK, SHUFFLE, FRONT & BACK & FRONT & BACK

- 1,2 Step R forward; Step L forward
3&4 Step R forward; & Close L next to R; Step R forward
5&6& Place L slightly forward with weight on ball of L; & Return weight (in place) to R;
Place L slightly back with weight on ball of L; & Return weight (in place) to R
7&8 Place L slightly forward with weight on ball of L; & Return weight (in place) to R; Step L back

BACK, DRAG, & WALK, CROSS, SMOOTH 3/4 BOX

- 1,2 Big step R back; Drag L next to R
&3,4 & Step ball of L next to R; Walk R forward; Step L across (in front of) R
5& Step R to R side; & Make 1/4 turn L bringing L to touch next to R
6& Step L to L side; & Make 1/4 turn L bringing R to touch next to L
7& Step R to R side; & Make 1/4 turn L bringing L to touch next to R
8 Step L to L side [3:00]

CROSS, HOLD, & CROSS SIDE, SAILOR STEP, WEAVE 1/4 TURN

- 1,2 Step R across (in front of) L; Hold
&3,4 & Step ball of L slightly to L side; Step R across (in front of) L; Step L to L side
5&6 Step R behind L; & Step L to L side; Step R to R side (slightly forward)
7&8 Step L behind R; & Make 1/4 turn R and step R forward; Step L forward [6:00]

ROCK RECOVER COASTER STEP, WALK, WALK, WALK, TOUCH

- 1,2 Rock R forward; Recover to L
3&4 Step R back; & Step L next to R; Step R forward
5678 In a large circle to the R, walk L, R, L, touch R making 3/4 turn [3:00]

Start over and Enjoy!