

Don't Stress

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 48 Count 2 Wall Low Intermediate Level Dance. Choreographed by: Lisa McCammon (USA) Sept 2021 Choreographed to: Stressed by UPSAHL Intro: 16 Counts. Start at approx 16 secs.

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SEC 1 WALK BACK R, L, COASTER STEP, STEP, LOCK, STEP, LOCK

- 1-2 Walk back R, L (dancers may choose to turn right 1/2, 1/2)
- 3&4 Step back R, close L, step forward R
- 5-6 Step forward L, lock R whilst popping L knee
- 7-8 Step forward L, lock R whilst popping L knee

SEC 2 STEP, TURN RIGHT ¼, CROSS-&-CROSS, SIDE ROCK, RECOVER, TOASTER ¼

- 1-2 Step forward L, turn right ¼ onto R (3:00)
- 3&4 Cross L, small step side R, cross
- 5-6 Side rock R, recover L
- 7&8 Turn right ¼ stepping back R, close L, step forward R (6:00)

SEC 3 STEP, TURN LEFT ½, TRIPLE FORWARD, ROCK, RECOVER-&-ROCK, RECOVER

- 1-2 Step forward L (prep for turn left), With weight on L ball, turn L ½, keeping R foot snugged at L ankle (12:00)
- 3&4 Step forward R, close L, step forward R
- 5-6 Rock forward L, recover R
- &7-8 Close L, rock forward R, recover L
- Restart Here on Wall 5

SEC 4 TRIPLE BACK, BACK ROCK, RECOVER, WALK, WALK, MAMBO

- 1&2 Step back R, close L, step back R
- 3-4 Rock back L, recover R
- 5-6 Walk L, R (dancers may choose to turn right ¹/₂, ¹/₂),
- 7&8 Rock forward L, recover R, step slightly back L
- SEC 5 BACK/SWEEP, BEHIND-SIDE-CROSS-&-HEEL-&, STEP, TURN LEFT ¼, ROCK, RECOVER
- 1-2& Step back R whilst sweeping L back, step L behind, step side R
- 3&4& Cross L, step R to side, touch L heel forward, close L
- 5-6 Step forward R, turn left ¹/₄ (9:00)
- 7-8 Rock forward R, recover L

SEC 6 BACK/SWEEP, BEHIND-SIDE-CROSS-&-HEEL-&, STEP, TURN LEFT ¼, ROCK, RECOVER

- 1-2& Step back R whilst sweeping L back, step L behind, step side R
- 3&4& Cross L, step R to side, touch L heel forward, close L
- 5-6 Step forward R, turn left 1/4 (6:00)
- 7-8 Rock forward R, recover L
- Ending: For the last 16 counts remaining, match the music by repeating the last 16 counts of the dance. Instead of the rock, recover for 7-8 at the front wall, step forward R, touch L home, then step side left, ta-dah

Choreographers Note

I am grateful to Michele Burton for listening to me whine while I was writing this dance; YOU can be grateful to Michele because she convinced me that a restart was better than the 24-count tag I had written <g>. This dance is dedicated to Adrienne K, who encouraged me to publish it



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