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Conro's Therapy

32 Count 4 Wall High Improver Level Dance. Choreographed by: Mikael Molsa (FIN) Apr 2024 Choreographed to: Therapy by Conro Intro: 32 Counts. Start at approx 19 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 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

SEC 2 1/2 UNWIND, ROCK FORWARD, BACK 1/4 SWEEP, SAILOR STEP

- 1-2 Unwind ¹/₂ to left for 2 counts (weight ends up on left) (6:00)
- 3-4 Rock right forward, recover weight back to left
- 5-6 Step right back turn ¹/₄ left sweep with left foot over 2 counts (3:00)
- 7&8 Step left behind right, step right next to left, step left to left diagonal

SEC 3 PONY STEPS BACK, OUT, OUT, IN, CROSS, ½ 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&6& Step right out, step left out, step right in place, step left across right
- 7-8 Unwind ¹/₂ turn right (weight ends up on left) (9:00)

SEC 4 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
- Tag 1 At the end of Walls 1 and 3

PONY STEPS BACK, OUT, OUT, IN, CROSS, ½ 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&6& Step right out, step left out, step right in place, step left across right
- 7-8 Unwind ¹/₂ turn right (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

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Tag 2At the end of Wall 2

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
- Tag 3 At the end of Wall 5
- 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 After 2 counts of Wall 8, 1/4 left turning sailor touch, out-out-in-in

