

Stressed



Count: 48

Wall: 4

Level: Phrased Advanced

Choreographer: Dustin Betts (USA) - March 2021

Music: Stressed - UPSAHL



Intro - 8 counts from beginning of song

Sequence- A, B, B16 (restart), B, A, B, B16 (restart), B, A, B24 (restart), B*, A, A

Part A

[1 - 8] R STEP, L KICK, BALL CROSS, L POINT, STEP- R POINT, ¼ L POINT, BALL CROSS, ¾ PIVOT LEFT

- 1 2 Step R slightly fwd (1), Kick L to left diagonal (2), 12.00
 a 3 4 Step L slightly to left (a), Cross R over L (3), Point L to left side (4) 12.00
 a 5 a 6 Bring L to center (a), Point R to right side (5), Bring R to center (a), Make ¼ turn right pointing L to left side (6), 3.00
 a 7 8 Bring L to center (a), Cross R over L (7), ¾ pivot left taking weight fwd onto L (8). 6.00

[9 - 16] ¼ LEFT STEP R TO RIGHT, BEHIND-SIDE-CROSS, HITCH ¼ TURN, R STEP, PREP, ½, ½

- 1 2 a 3 Make ¼ turn left stepping R to right side (1), Cross L behind R (2), Step R to right side (a), Cross L over R (3), 3.00
 4 5 Make ¼ turn left hitching R knee (4), Step R fwd (5), 12.00
 6 7 8 Step L fwd prepping body (6), Make ½ turn left stepping R back (6.00)(7), Make ½ turn left stepping L fwd (8). 12.00

Part B

[1 - 8] R ROCK, RECOVER, ½ R, ¼ BALL SIDE, CROSS-SIDE-BEHIND, SIDE-L POINT, BALL CROSS,

- 1 2 a 3 Rock R fwd(1), Recover onto L(2), Make ½ turn right stepping R fwd (a), Make ¼ turn right stepping L to left (3), 9.00
 4 5 a 6 Step R to right side (4), Cross L over R (5), Step R to R side (a), Cross L behind R (6), 9.00
 a 7 Step R to R side (a), Point L toe to L side (7), 9.00
 a 8 Bring L ball of foot to center (a), Cross R over L (8) 9.00

[9 - 16] L ¾ UNWIND, ¼ TURN L, SAILOR STEP, BEHIND-SIDE- CROSS, ¼, TOGETHER, ¼ CROSS, R SIDE

- 1 2 Make ¾ turn left transferring to L (1), Make ¼ turn left stepping R to R side (2), 9.00
 3 a 4 Cross L behind R (3), Step R slightly to R (a), Step L to L side (4) 9.00
 5 a 6 Cross R behind L (5), Step L to L side (a), Cross R over L (6), 9.00
 a 7 a 8 Make ¼ turn left stepping L fwd (a), Bring R next to L (7), Make ¼ turn left crossing L (a), Step R to R side (8). 3.00

[17 - 24] ¼ LEFT CROSS, BACK-BACK-CROSS, L BACK, ½ RIGHT, ½ RIGHT L PIVOT, L FWD, ½ BACK R SWEEP L

- 1 2 a Make ¼ turn left crossing L over R (1), Step R to back R diagonal (2), Step L back (a), 12.00
 3 4 a Cross R over L (3), Step L back (4), Make ½ turn right stepping right fwd (a), 6.00
 5 6 Step L fwd (5), Pivot ½ right taking weight onto R (6) 12.00
 7 8 Step L fwd (7), Make ½ turn left stepping R back sweeping L front to back (8). 6.00

[25 - 32] R SWEEP, BEHIND SIDE CROSS, BALL SIDE, CROSS, 1/4 , 1/2 L SHUFFLE FWD

- 1 2 a Step L back sweeping R front to back (1), Cross R behind L (2), Step L to left side (a), 6.00
- 3 a 4 Cross R over L (3), Step ball of L to left side (a), Step R to right side (4), 6.00
- 5 6 Cross L over R (5), Make 1/4 turn left stepping R back (6), 3.00
- 7 a 8 Make 1/4 turn left stepping L to left side (7), Bring R next to L (a), Make 1/4 turn left stepping L fwd (8) 9.00

Restarts:

First & second restarts happen on wall 3 & 7 after 16 cts, after behind-side-cross (5a6)(9.00), Make 1/4 turn left stepping L fwd (a), Make 1/4 turn left bringing R next to L (7), Make 1/4 turn left stepping L fwd (8). Restart facing wall you originally came from

Last restart happens after 24 cts on wall 10, after pivot 1/2 (5-6), step fwd (7), 1/2, 1/2, (8 a). End facing (12.00)

B*- This is the last B, you will dance the dance normally until the last count, make an additional 1/4 turn left (6.00), to finish last 2 A's.

Enjoy!
