

A Shot of Therapy

Count: 32

Wall: 4

Level: Beginner

Choreographer: Steve Cavanaugh (USA) & Cathy Snow (USA) - April 2023

Music: Drinking My Feelings - Old Dominion : (Album: Time, Tequila & Therapy)

Intro: 2 seconds, start with right foot to side on the word "Anger".

[1-8] SIDE-TOGETHER, FWD SHUFFLE, SIDE-TOGETHER, FWD SHUFFLE

1-2, 3&4 Step R to Side, Close L, Step R Fwd, Close L, Step R Fwd

5-6, 7&8 Step L to Side, Close R, Step L Fwd, Close R, Step L Fwd

[9-16] ROCKING CHAIR, ½ PIVOT (2X)

1-4 Rock R Fwd, Recover L, Rock R Back, Recover L

5-8 Step R Fwd, ½ Turn L, Step R Fwd, ½ Turn L †

***Restart here on 4th rotation, facing 9 o'clock**

[17-24] WEAVE, LINDY

1-4 Step R to Side, step L Behind R, Step R to Side, Step L Across R

5&6, 7-8 Step R to Side, Close L, Step R to Side, Rock L Behind R, Recover R

[25-32] WEAVE, SHUFFLE, ROCK, ¼ TURN R

1-4 Step L to Side, Step R Behind L, Step L to Side, Step R Across L

5-8 Step L to Side, Close R, Step L to Side, Rock R Behind L, Recover L Making ¼ Turn R

***Restart, after 16 counts in 4th rotation, facing 9 o'clock.**

†Easier option on Section 2, counts 5-8: Rocking Chair

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