

# A SHOT OF THERAPY

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**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographers:** Steve Cavanaugh & Cathy Snow

**Music:** "Drinking My Feelings" by Old Dominion (3:29) album: *Time, Tequila & Therapy*

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*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 4<sup>th</sup> 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 4<sup>th</sup> rotation, facing 9 o'clock.*

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

Contact: [steve@slinedancing.com](mailto:steve@slinedancing.com), [mrsno@email.com](mailto:mrsno@email.com)