

Under Stress (parody of "Un Dos Tres")

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Count: 64 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: William Sevone . (Nov 2010)

Music: "Un Dos Tres" Spanglish Radio Edit (127 bpm)... Ricky Martin (single)

Dance sequence:- A-A-B-A (to count 16)-A-B-A-B-A-B-B-B (to count 16)-Finale

Choreographers note:- Ideally suited for the experienced Intermediate dancer who is about to move into the Advanced level.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with heavy drum beats - 64 counts after start of music

SECTION A

2x Rock-Recover-Side Triple Step (12:00)

- 1 - 2** Rock right across left. Recover onto left.
- 3& 4** Triple Cha Cha step right stepping: R.L-R.
- 5 - 6** Rock left over right. Recover onto right.
- 7& 8** Triple Cha Cha step left stepping: L.R-L.

1/4 Fwd. 1/2 Pivot. 3x Hips. Fwd. 1/2 Pivot. 3x Hips (9:00)

- 9 - 10** Turn $\frac{1}{4}$ left & step forward onto right (9). Pivot $\frac{1}{2}$ left (weight on left) (3).
- 11 - 12** Step forward onto right - pushing hips forward. Recover onto left - pushing hips backward.
- 13 - 14** Transferring weight to right - push hips forward. Step forward onto left.
- 15 - 16** Pivot $\frac{1}{2}$ right (weight on right) (9). Step forward onto left - pushing hips forward.

SHORT WALL: After 1st Section B perform first 16 counts of Section A then restart the dance on a new wall (3)

- 17 - 18** Recover onto right - pushing hips backward. Transferring weight to left - push hips forward.

1/4 Side. 4x Back. Hitch 1/2 Turn (12:00)

- 19 - 20** Turn $\frac{1}{4}$ left & step right to right side (6). Step backward onto ball of left (knee inward).

**21 - 22(left heel to floor) Step backward onto ball of right (knee inward). (right heel to floor)
Repeat 21 on left.**

23(left heel to floor) Step backward onto ball of right (knee inward).

24(right heel to floor) Hitch left knee & turn ½ left (12).

4x Back. 3xHips. 1/2 Fwd (6:00)

25 - 26 Step backward onto ball of left (knee inward). (left heel to floor) Repeat 25 on right.

**27 - 28(right heel to floor) Step backward onto ball of left (knee inward). (left heel to floor)
Repeat 27 on right.**

**29 - 30(right heel to floor) Step backward onto left - pushing hips backward. Recover onto
right - pushing hips forward.**

31 - 32 Transferring weight to left - push hips backward. Turn ½ right & step forward onto right (6).

2x Rock-Recover-Side Triple Step (6:00)

33 - 34 Rock left across right. Recover onto right.

35& 36 Triple Cha Cha step left stepping: L.R-L.

37 - 38 Rock right over left. Recover onto left.

39& 40 Triple Cha Cha step right stepping: R.L-R.

1/4 Fwd. 1/2 Pivot. 3x Hips. Fwd. 1/2 Pivot. 3x Hips (9:00)

41 - 42 Turn ¼ right & step forward onto left (9). Pivot ½ right (weight on right) (3).

43 - 44 Step forward onto left - pushing hips forward. Recover onto right - pushing hips backward.

45 - 46 Transferring weight to left - push hips forward. Step forward onto right.

47 - 48 Pivot ½ left (weight on left) (9). Step forward onto right - pushing hips forward.

49 - 50 Recover onto left - pushing hips backward. Transferring weight to right - push hips forward.

1/4 Side. 4x Back. Hitch 1/2 Turn (6:00)

51 - 52 Turn ¼ right & step left to left side (12). Step backward onto ball of right (knee inward).

**53 - 54(right heel to floor) Step backward onto ball of left (knee inward). (left heel to floor)
Repeat 53 on right.**

55(right heel to floor) Step backward onto ball of left (knee inward).

56(left heel to floor) Hitch right knee & turn ½ right (6).

4x Back. 3xHips. 1/4 Fwd (9:00)

57 - 58 Step backward onto ball of right (knee inward). (right heel to floor) Repeat 57 on left.

59 - 60(left heel to floor) Step backward onto ball of right (knee inward). (right heel to floor)
Repeat 59 on left.

61 - 62(left heel to floor) Step backward onto right - pushing hips backward. Recover onto left - pushing hips forward.

63 - 64 Transferring weight to right - push hips backward. Turn ¼ right & step forward onto left (9).

Dance Note: IMPORTANT - Count 64: On FINAL Section A perform a ¼ turn left (to face the 'home' Wall)

SECTION B

2x Rock-Recover-Together-Hold

1 - 2 Rock right to right side. Recover onto left.

3 - 4 Step right next to left. Hold.

5 - 6 Rock left to left side. Recover onto right.

7 - 8 Step left next to right. Hold.

2x Rock-Recover-Together-Hold

9 - 10 Rock forward onto right. Recover onto left.

11 - 12 Step right next to left. Hold.

13 - 14 Rock backward onto left. Recover onto right.

15 - 16 Step left next to right. Hold.

DANCE NOTE: During the final (3rd) repeat of Section B perform dance to Count 16 then the 'Finale'

Full Turn Left (On The Spot): Side Rock-Recover

17 - 18 Turn ¼ left & rock right to right side. Recover onto left.

19 - 20 Turn ¼ left & rock right to right side. Recover onto left.

21 - 22 Turn ¼ left & rock right to right side. Recover onto left.

23 - 24 Turn $\frac{1}{4}$ left & rock right to right side. Recover onto left.

Full Turn Left (On The Spot): Side Rock-Recover

25 - 32 Repeat Counts 17-24

FINALE: During final (3rd) repeat of Section B perform dance to Count 16 then do the following:

1& 2'On the spot' & over right shoulder - Full turn triple Cha Cha stepping: R.L-R.