

Worry No More

Choreographers: Julie Carr, Claire Bell, Pat Stott, Rob Fowler & I.C.E. – December 2020

Counts: 64. Walls: 2. Level: Intermediate. Music: Worry B Gone by Chris Stapleton - 3m 16s

Intro: 16 counts (approx. 8 secs) – BPM: 112 (approx.)

S1	Sailor step, behind side cross, stomp, recover, behind ¼ step	
1&2	Step R behind L, step L to left side, step R to right side	
3&4	Step L behind R, step R to right side, cross L over R	
5-6	Stomp R on R diagonal, recover weight on L	
7&8	Step R behind L, turn ¼ L stepping forward on L, step forward on R	9.00
S2	Cross back back, cross back ½ turn, step pivot ¼ turn, cross shuffle	
1,2&	Cross L over R, step back on R, step back on L	
3,4&	Cross R over L, step back on L, ½ turn R step forward on R	
5-6	Step forward on L, pivot ¼ turn R	
7-8	Cross L over R, step R to right side, cross L over R	6.00
S3	Side rock, recover, ½ turn point hold, heel switches, step pivot ¼ turn	
1,2&	Rock R to right side, recover weight on L, making ½ turn R step R next to L	
3,4&	Point L to left side, hold, step L next to R	
5&6	R heel forward, step R next to L, L heel forward	
&7-8	Step L next to R, step forward on R, pivot ¼ turn L	9.00
S4	Vaudeville, & touch & heel, & cross, side, coaster ¼ turn	
1&2	Cross R over L, step L to L side, R heel forward on R diagonal	
&3&4	Step R next to L, touch L next to R, step L to left side, R heel forward on R diagonal	
&5,6	Step R next to L, cross L over R, step R to right side	
7&8	¼ turn L stepping back on L, step R next to L, step forward on L	6.00
S5	¼ turn hold, hinge ½ turn hold, hinge ½ turn, ¼ turn, ¼ turn, slide	
1-2	¼ turn L stomping R to right side, hold, (click fingers high)	3.00
3-4	½ turn R (weight on right) step L to left side, hold, (click fingers high)	9.00
5-6	½ turn L rocking R to right side, ¼ turn L recover weight on L	12.00
7-8	¼ turn L big step on R to right side, slide L up to R (keep weight on right)	9.00
S6	Ball cross, side, sailor ¼, chasse ¼, back rock, recover	
&1-2	Step L next to R, cross R over L, step L to left side	
3&4	Step R behind L ¼ turn R, step L to left side, step R to right side	
5&6	¼ turn R stepping L to left side, step R next to L, step L to left side	
7-8	Rock back on R, recover weight on L	3.00
S7	Walk, walk, step pivot ½, shuffle, ½ turn, ¼ turn	
1-2	Walk forward on R, walk forward on L	
3-4	Step forward on R, pivot ½ turn L	
5&6	Step forward on R, step L next to R, step forward on R	
7-8	½ turn R stepping back on L, ¼ turn R stepping R to right side	6.00
S8	Cross shuffle, side rock, syncopated weave & heel	
1&2	Cross L over R, step R to right side, cross L over R	
3-4	Rock R to right side, recover weight on L (angle body slightly on L diagonal)	
5&6&	Cross R over L, step L to left side, step R behind L, step L to left side	
7&8	Cross R over L, step L to left side, R heel forward on R diagonal	6.00

Ending: 6th wall: Second section, dance to count 4&, then add the following 4 steps:

Cross left over right (5), unwind ¾ turn right (6), step forward on left (7), clap (8) facing 12.00 Ta da !