



Anxiety

Felicia Lu

Level: High Intermediate



Choreographer: Michael Becker
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Album: Amazon or iTunes download

Duration: 2:32
BPM: 106
Version: 1

Sequence: Intro A B C D Brk A B D E E D E End

Intro

Wait 4B

Part A (32B)

Slur Basic DS SLR S(xib) DS RS
L R R L RL
R L L R LR
&1 & 2 &3 &4

4 Toe-Heel

Slur Basic

Finn DS(xib) R H(if) FLP(L) TCH(ib) FLP(R) S
L R L L R L R
&1 & 2 & 3 & 4

Slur Basic

4 Toe-Heel

Slur Basic

4 Toe-Heel

Part B (16B)

3 Turkey H(ots/w) FLP S(xib) DS R H BA
Rock Heel Ball L L R L R L L
R R L R L R R
1 & 2 &3 & a 4

Grape Vine

Part C (16B)

2 Soccer DS DT UP/H DS RS
L R R L R LR
R L L R L RL
&1 & 2 &3 &4

Tap Synco DS DT S(xif) S DT S(ots) S DT S(xif) S
L R R L R R L R R L
&1 e& a 2 e& a 3 e& a 4

Rhythm Shift DS DT S S R S(ots) TCH
R L L R L R L
&1 e& a 2 & 3 4

Part D (32B)

Jumpin' Twin Spin	S(ots)	HOP	S	DS	RS	S/BRK	BRK/S	DS	DS	RS
	L	L(1/1L)	R	L	RL	R L	R L	R	L	RL
	1	&	2	&3	&4	5	6	&7	&8	&9
	S(ots)	HOP	S	DS	RS	RS	BRK/S	S/BRK		
	R	R(1/1R)	L	R	LR	LR	R L	R L		
	10	&	11	&12	&13	&14	15	16		

Tap Synco

Rhythm Shift

Jumpin' Spin	S(ots)	HOP	S	DS	RS	S/BRK	BRK/S	DS	RS
	L	L(1/1L)	R	L	RL	R L	R L	R	LR
	1	&	2	&3	&4	5	6	&7	&8

Brk (4B)

S TCH S p
1 2 3 4

Part A (32B)	Slur Basic • 4 Toe-Heel • Slur Basic • Finn Slur Basic • 4 Toe-Heel • Slur Basic • 4 Toe-Heel
Part B (16B)	3 Turkey Rock Heel Ball • Grape Vine
Part D (32B)	Jumpin' Twin Spin • Tap Synco • Rhythm Shift • Jumpin' Spin

Part E (16B)

2 GB Slap Heel Walk	DS	DT(xif)	S(xif)	S	R	H(ots/w)	SLP	S	RS	DS	H(w)	H(w)	RS
	L	R	R	L	R	L	R	R	LR	L	R	L	RL
	R	L	L	R	L	R	L	L	RL	R	L	R	LR
	&1	e&	a	2	&	3	&	4	&5	&6	&	7	&8

Part E (16B)	2 GB Slap Heel Walk
Part D (32B)	Jumpin' Twin Spin • Tap Synco • Rhythm Shift • Jumpin' Spin
Part E (16B)	2 GB Slap Heel Walk

End

KK UP
& 1