

# SWEET BUT PSYCHO

Music: Cassa Jackson

[www.amazon.com/oh-she-sweet-but-a-psycho](http://www.amazon.com/oh-she-sweet-but-a-psycho)

Time 3:05 Available from choreographer

Shortened 1:42,8 to 2:40,6 & Slowed Down w/ -10% to Time 2:21

Rhythm: Cha Cha Phase: IV+2 (Cuban Breaks + OP Hip Twist) +U

Footwork: Opposite except where (Noted)

Release Date: March 21

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO ABC AB D C AB END



## INTRO

### BFLY POS WALL LEAD FOOT FREE START AFTER THE SCREAMING

#### PART A

##### 01-04 SPRING BREAK ; M ACROSS/W INSIDE TURN ; SLING SHOT INTO A FAN ; ;

**{Spring Break}** Rk fwd twd Wall L, rec R, XLib /rec R, push off R to lunge sd LOD L (*W rk bk R, rec L, fwd twd M R/cl L while swvlg ¼ RF to fc LOD, push off L to sit bk on R*) to end M fcg Wall and W fcg LOD w/ ld hnds jnd low while lookg at ptr ; **{M Across/ W Inside Trn to L-POS}** Fwd R twd Wall stepping acrs ifo W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raisg jnd ld hnds, chasse sd LOD R/L, R chkg sideward movement and catchg W in rt arm (*W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/ik Rif, bk L*) to "L" pos w/ M fcg COH and W fcg RLOD ; **{Sling Shot Into a Fan}** Lunge sd RLOD L lookg at ptr, rec R, chasse sd R LOD L/R, L (*W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/ik Lib, fwd R*) ; Rk bk R trng hips slightly RF, rec L, ipl R, L, R (*W fwd L to RLOD, fwd R trng ½ LF, bk L/ik Rif, bk L*) to Fan Pos M fcg COH/W fcg LOD ;

##### 05-08 ALEMANA ; ; CHASE /W UNDERARM PASS ; ;

**{Alemana}** Fwd L, rec R, smsd L/cl R, sd L (*W cl R, fwd L, fwd R/ik Lib, fwd R trng RF to fcg M's lft sd*) ; Raisg ld hnds XRib, rec L, sd R/cl L, sd R (*W trng RF undr jnd ld hnds fwd L & swvl RF, fwd R & swvl RF, fwd & sd L/cl R, sd L*) to BFLY WALL ; **{Chase w/ Underarm Pass}** Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;

#### PART B

##### 01-04 To RLOD CRAB WALKS ; ; REVERSE UNDERARM TURN ; CUCARACHA RIGHT & Blend to lft Hand STAR ;

**{To RLOD Crab Walks}** Twd RLOD XLif (*W XRif*), sd R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; Sd R, XLif (*W XRif*), sd R/cl L, sd R ; **{Reverse Underarm Trn}** Raisg ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd ld hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY ; **{Cucaracha Right & Blend to lft Hnd Star}** Sd R w/ partial wgt, rec L, ip R/L, R trng ¼ RF to lft Hnd Star to RLOD ;

##### 05-08 UMBRELLA TURN [2<sup>de</sup> TIME: to rt hndshk] ; ; ; ;

**{Umbrella Trn}** [lft hnd Star to RLOD] Fwd L, rec R, bk L/cl R, bk L ; Bk R, rec L, fwd R/cl L, fwd R (*W fwd L trng ½ RF undr jnd hnds, rec R, fwd L/cl R, fwd L*) ; Fwd L, rec R, bk L/cl R, bk L (*W fwd R trng ½ LF undr jnd hnds, rec L, fwd R/cl L, fwd R*) ; Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L trng ½ RF undr jnd hnds, rec R to fc ptr, sd L/cl R, sd L cont trng Rf*) to BFLY WALL [2<sup>de</sup> TIME: to rt hndshk] ;

#### PART C

##### 01-04 SINGLE CUBAN BREAKS L & R ; NEW YORKER ; WHIP to COH ; SPOT TURN ;

**{Single Cuban Breaks L & R}** [O&O,Q&Q] XLif (*W XRif*)/rec R, sd L, XRif (*W XLif*)/rec L, sd R ; **{New Yorker}** Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; **{Whip to COH}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & Xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY COH ; **{Spot Trn}** XLif (*W XRif*) trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L to BFLY COH ;

**05-08 SINGLE CUBAN BREAKS R & L ; NEW YORKER ; SPOT TURN ; WHIP to WALL ;**

**{Single Cuban Breaks R & L}** [O&O,Q&O] XRif (*W XLif*)/rec L, sd R, XLif (*W XRif*)/rec R, sd L ; **{New Yorker}** Thru R to OP RLOD, rec L to fc, sd R/cl L, sd R to BFLY COH ; **{Spot Trn}** XRif (*W XLif*) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY COH ; **{Whip to Wall}** Repeat meas 3 Part C to BFLY WALL ;

**PART D**

**01-04 OP HIP TWIST to FACING FAN LOD ; ; OP HIP TWIST to FACING FAN COH ; ;**

**{OP Hip Twist to Fcg Fan LOD}** [Chk fwd L, rec R, in plc L/R, L (*W bk R, fwd L, fwd R/lk Lib, fwd L pushg off M's ld hnd swvl ¼ RF*) ; Bk R, rec L trng ¼ LF to LOD, fwd R/lk Lib, fwd R (*W fwd L, trng LF sd R, cont LF trn bk L/lk Rif, bk L to fan pos*) ; **{OP Hip Twist to Fcg Fan COH}** Repeat meas 1,2 Part D to BFLY COH ; ;

**05-08 START CROSS BODY to TUMMY CHECK & BACK w/ rt hndshk ; ; ; FINISH CROSS BODY ;**

**{Start Cross Body to Tummy Check & Bk w/ rt hndshk}** Fwd L, rec R trng ¼ LF to RLOD, sd L/cl R, sd L (*W bk,R, rec L, fwd R/lk Lib, fwd R*) ; [Stop the W w/ ldhnd] Lunge sd R, rec L, ipl R, L, R (*W [Both arms fwd] fwd L, rec R, bk L/XRif, bkL*) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (*W bk R, rec L & rt hndshk, fwd R/lkLib, fwd R*) ; **{Finish Cross Body}** Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd L/cl R, sd L*) to BFLY WALL, -;

**ENDING**

**01 STEP APART & EXTEND ARMS ;**

**{Step Apt & Extend Arms}** Step bk L, leavg R ft ipl & raisg trl arms up & out ;