PNOSIS

64 Counts, 4 Walls, Low Intermediate

Choreographed by: Anthony Maxence (FR) Jan 2023

Choreographed to Hypnosis by Green Lads

Intro: 16 Counts, Approx 7 Secs.



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	TOUCH, HEEL SWIVEL, COASTER STEP, HEEL SWITCH, HOOK, HEEL, BALL

Touch L fwd, Rotate both heels to L and return heels to centre

3&4 Step Back L, Step R to next L, Step L fwd

5&6&7 Tap Heel R, Step R next to L, Tap Heel L, Step L next to R, Tap Heel R

&8& Hook R in front of L shin, Tap Heel R, Step R next to L

Restart Here on wall 4

SEC 2 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, UNWIND 1/2

Rock L to L side, Recover weight on R 1-2

3&4 Cross L behind R, Step R to R side, Cross L over R

5-6 Rock R to R Side, Recover weight on L

7-8 Cross R Behind L, Unwind ½ R weight on R (6:00)

SEC 3 SLIDE, DRAG, KICK, BALL CROSS, SIDE, BEHIND, ¼ SHUFFLE

1-2 Big step L to L side, Drag R towards L

3&4 Kick R on diagonal R, Step R next to L, Cross L over R

5-6 Step R to R side, Cross L behind R

7&8 Turn ¼ R step R fwd, Step L next to R, Step R fwd (9:00)

STEP ½ TURN, TRIPLE STEP ½ TURN, COASTER STEP, WALK, WALK SEC 4

1-2 Step L fwd, turn ½ R (3:00)

3&4 Turn ¼ R step L to L side, Step R next to L, Turn ¼ R step L back (9:00)

5&6 Step Back R, Step L to next R, Step R fwd

7-8 Step L fwd, Step R fwd

SEC 5 STEP, TOUCH BACK, SHUFFLE BACK, COASTER STEP, STEP, TOUCH BACK

1-2 Step L fwd, Touch R behind L (weight on L) 3&4 Step back R, Step L next to R, step back R 5&6 Step Back L, Step R to next L, Step L fwd

7-8 Step R fwd, Touch L behind R (weight on R)

SEC 6 SHUFFLE BACK, COASTER STEP, STEP TURN ½ TWICE

1&2 Step back L, Step R next to L, Step back L 3&4 Step Back R, Step L to next R, Step R fwd

5-6 Step L forward, turn ½ on R (weight on R) (3:00)

7-8 Step L forward, turn ½ on R (weight on R) (9:00)

SEC 7 SLIDE, KICK, BEHIND SIDE CROSS, TOUCH AND HEEL, AND TOUCH AND HEEL

1-2 Slide on L, Kick R on diagonal

3&4 Cross R behind L, Step L to L side, Cross R over L 5&6 Touch L Behind R, Step L next to R, Touch R heel fwd,

&7&8 Step R next to L, Touch L Behind R, Step L next to R, Touch R heel fwd

SEC 8 BALL, SIDE ROCK, BEHIND SIDE CROSS, OUT OUT IN TOUCH

&1-2 Step R next to L, Rock L to L side, Recover weight on R

Cross L behind R, step R to R side, Cross L over R 3&4

5-6 Step R out to R diagonal, step L out to L diagonal

7-8 Step R back, Touch L next to R



