

Strung Out

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lawrence Allen (USA) & Angela Helmsing - April 2010

Music: Because of You (Radio Edit) - Ne-Yo : (Single)



32 count intro; Start on Lyrics "Want to but..."

WALK RIGHT, LEFT, ANCHOR STEP, ½ LEFT TURN, ½ LEFT TURN, ¼ LEFT SHUFFLE TURN

- 1-2 Walk forward right, walk forward left
3&4 Step right slightly behind left, step left in place, step right in place
5-6 Make ½ left turn stepping left foot forward (6:00 wall), 1/2 left turn stepping right foot back (12:00)
7&8 Make ¼ left turn stepping left foot to left side (9:00 wall), step right foot beside left, step left foot to left side

CROSS-ROCK-STEP, CROSS- ROCK-STEP, PUSH HIPS RIGHT, LEFT, RIGHT, ¼ TURN RIGHT

- 1&2 Cross right foot over left foot, step left foot in place, step right foot to right side
3&4 Cross left foot over right foot, step right foot in place, step left foot to left side
5-6-7-8 Push hips right, push hips left, push hips right, make a ¼ right turn pushing left hips back taking weight back on left foot (12:00 wall)

WALK RIGHT, LEFT, ½ CHASE TURN, ½ RIGHT TURN, ½ RIGHT TURN, LEFT SHUFFLE FORWARD

- 1-2 Walk forward right, walk forward left
3&4 Step right foot forward, ½ turn left putting weight on left (6:00), step right forward
5-6 Make ½ right turn stepping back on left foot (12:00 wall), make ½ turn right stepping right foot forward (6:00 wall)
7&8 Step left foot forward, step right foot beside left, step left foot forward

RIGHT ROCK-RECOVER-SWEEP, RIGHT SAILOR ¼ LEFT TURN, ½ LEFT TURN, ½ LEFT TURN, ½ LEFT SHUFFLE TURN

- 1-2 Rock right foot forward, recover weight back on left foot while sweeping right foot around to right side
3&4 Step right foot behind left foot, step left foot to left side, make a ¼ left turn stepping right foot back to right side taking weight back on right foot (3:00 wall)
5-6 Make a ½ left turn stepping left foot forward (9:00 wall), make a ½ left turn stepping right foot back (3:00 wall)
7&8 Make a ¼ left turn stepping left foot to left side (12:00 wall), step right beside left, make ¼ left turn stepping left foot forward (9:00 wall)

Tag

At the end of the 4th wall, which will put you facing the front (12:00) wall there is an 8 count tag.

WALK RIGHT, LEFT, ANCHOR STEP, ½ LEFT TURN, ½ LEFT TURN, LEFT COASTER BACK

- 1-2 Walk forward right, walk forward left
3&4 Step right slightly behind left, step left in place, step right in place
5-6 Make ½ left turn stepping left foot forward (6:00 wall), 1/2 left turn stepping right foot back (12:00)
7&8 Step left foot back, step right foot back beside left foot, step left foot forward

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