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| Strung Out |  |

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| **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**

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| 1-2 | Walk forward right, walk forward left |

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| 3&4 | Step right slightly behind left, step left in place, step right in place |

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| --- | --- |
| 5-6 | Make ½ left turn stepping left foot forward (6:00 wall), 1/2 left turn stepping right foot back (12:00) |

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| --- | --- |
| 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**

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| 1&2 | Cross right foot over left foot, step left foot in place, step right foot to right side |

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| --- | --- |
| 3&4 | Cross left foot over right foot, step right foot in place, step left foot to left side |

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| 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**

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| 1-2 | Walk forward right, walk forward left |

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| 3&4 | Step right foot forward, ½ turn left putting weight on left (6:00), step right forward |

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| --- | --- |
| 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) |

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| --- | --- |
| 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**

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| 1-2 | Rock right foot forward, recover weight back on left foot while sweeping right foot around to right side |

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| 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) |

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| --- | --- |
| 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**

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| --- | --- |
| 1-2 | Walk forward right, walk forward left |

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| --- | --- |
| 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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