

Thrown Out

Count: 32

Wall: 4

Level: Beginner dance

Choreographer: Kay Blakeley (AUS)

Music: Thrown Out Of Love - Jason McCoy



RIGHT LOCK FORWARD, LEFT LOCK FORWARD

1-2-3-4 Step right forward, lock left behind right, step right forward, touch left together
5-6-7-8 Step left forward, lock right behind left, step left forward, touch right together

SIDE STEP AND TOUCH, TOE STRUTS BACK

1-2-3-4 Step right to right, touch left together, step left to left, touch right together
5-6-7-8 Touch right toe back, drop right heel, touch left toe back, drop left heel

VINE RIGHT, ROLLING VINE LEFT

1-2 Step right to right, step left behind right
3-4 Step right to right, touch left together and clap
5-6 Turn $\frac{1}{4}$ turn left and step left forward, turn $\frac{1}{2}$ turn left and step right back
7-8 Turn $\frac{1}{4}$ turn left and step left to left side, touch right together and clap

MONTANA KICK, HEEL STRUT, TURN $\frac{1}{4}$ TURN LEFT AND HEEL STRUT

1-2-3-4 Step right forward, kick left forward, step left back, touch right toe back
5-6 Touch right heel forward, drop right toe
7-8 Turn $\frac{1}{4}$ turn left and touch left heel forward, drop left toe

REPEAT
