

Stressed Out

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Count: 80

Wall: 2

Level: Phrased Intermediate

Choreographer: David Ackerman - July 2016

Music: Stressed Out by Twenty One Pilots

**Count in: 16 counts from beginning of track. - Sequence: A(24)Restart,B,C,A(16)
Restart,A,Tag,B,C,A,C,A**

A1:(1-8) Stomp R, Heel-Toe-Heel L, Swivet, Stomp L, Heel-Toe-Heel R, Swivet

1,2&3&4 Stomp R forward on an angle(1), Bring L in swiveling heels to the right(2), Swivel L toes to the right(&), Swivel L heel to the right(3), Swivet by swiveling R toes to right and L heel to left(&), Swivel R toes back to center and L heel back to center(4).

5,6&7&8 Stomp L forward on an angle(5), Bring R in swiveling heels to the left(6), Swivel R toes to the left(&), Swivel R heel to the left(7), Swivet by swiveling L toes to left and R heel to right(&), Swivel L toes back to center and R heel back to center(8).

A2:(9-16) Side R, Behind-Side-Cross, Unwind $\frac{3}{4}$, $\frac{1}{4}$ Turn, Hitch, Side Chasse L

1,2&3,4 Step R to right side, Step L behind R(2), Step R to right side(&), Cross L over R(3), On ball of the left foot make a $\frac{3}{4}$ turn right placing weight onto L(4)(9:00)

5,6, Make a $\frac{1}{4}$ turn stepping R to right side (12:00), Hitch L knee,

7&8 Step L to left side, Step R next to L, Step L to left side

****Restart here second time through A facing 6:00 to start A again.**

A3:(17-24) Cross Rock x2, $\frac{1}{2}$ Chase Turn, Rock and Cross

1&2 Cross R over L, Recover weight L, Step R next to L

3&4 Cross L over R, Recover weight R, Step L next to R

5&6 Step forward R, Pivot $\frac{1}{2}$ to the left, Step

7&8 Step L to left side, Recover weight R, Cross L over R

****Restart here first time through A facing 6:00 to start B.**

A4:(25-32) Rock and Cross x2, Step R, Pivot $\frac{1}{2}$, Step RL with knee pop

1&2 Step R to right side, Recover weight L, Cross R over L

3&4 Step L to left side, Recover weight R, Cross L over R

- 5,6 Step forward R, Pivot $\frac{1}{2}$ turn to the left bringing weight to L
- 7,8 Step forward R popping L knee forward, Step forward L popping R knee forward

B1:(1-8) Press R, Together, Press L, Together, Step R, Pivot $\frac{1}{2}$, R Lock Steps

- 1&2 Press R foot to right side as you turn a $\frac{1}{4}$ turn to the left, Recover weight R bringing body back to facing 6:00, Step R next to L
- 3&4 Press L foot to the left side as you turn $\frac{1}{4}$ turn to the right, Recover weight R bringing body back to facing 6:00, Step L next to R
- 5,6 Step forward R, Pivot $\frac{1}{2}$ turn left
- 7&8 Step R forward, Lock L behind R, Step R forward

B2:(9-16) Press L, Together, Press R, Together, Step L, Pivot $\frac{1}{2}$, L Lock Steps

- 1,2 Press L foot to left side as you turn a $\frac{1}{4}$ turn to the right, Recover weight L bringing body back to facing 12:00
- 3,4 Press R foot to the right side as you turn $\frac{1}{4}$ turn to the left, Recover weight R bringing body back to facing 12:00
- 5,6 Step forward L, Pivot $\frac{1}{2}$ turn right
- 7&8 Step L forward, Lock R behind L, Step L forward

C1:(1-8) Forward R, $\frac{3}{4}$ Turn, $\frac{1}{4}$ Ball-Cross, Back RL with toe fans, R Coaster

- 1,2,3&4 Step forward R, Pivot a $\frac{1}{4}$ turn left (2)(3:00), Continue turning left $\frac{1}{2}$ (3)(9:00), Step back on the ball of R making a $\frac{1}{4}$ turn left (&)(6:00), Cross L over R (4)(6:00) (Styling: This turn should be one fluid motion. Do not stop on each count. Weight should be on L by count 3)
- 5,6 Step back R on angle fanning L toes to left, Step back L on angle fanning R toes to right
- 7&8 Step back R, Step L next to R, Step forward R

C2:(9-16) Forward L, $\frac{1}{4}$ Turn, Sailor $\frac{1}{4}$ Turn, R Lock Step on angle with Hitch, L Lock Step on angle

- 1,2 Step forward L, Make a $\frac{1}{4}$ left stepping R to right side
- 3&4 Step L behind, Make a $\frac{1}{4}$ left stepping R to right side, Step L to left side
- 5&6& Step R forward toward right diagonal, Lock L behind R, Step R forward toward right diagonal, Hitch L knee slightly
- 7&8 Step L forward toward left diagonal, Lock R behind L, Step L forward toward left diagonal

(Option: Hitch R knee on & of 8)

C3&4:(17-32) Repeat above 16 counts

***C3 Optional Replacement Steps for C's Counts 17-20. The back beat changes to a harder beat though the lyrics and melody are the same on counts 17-32. If you don't want to do the turn for these counts do the following 4 counts. Counts 21-32 are the same as counts 5-16 of C.**

C3 (17-20) Scuff-Hitch-Step, Body Roll, Back RL

- 1&2** Scuff R (1), Hitch R knee (&), Step R forward while bringing chest forward (2),
- 3&4** Bring chest back starting body roll pulling your weight back to the left (3), Step back R (&), Step back L (4)

Tag: (1-2) Cross R, ½ Unwind

- 1,2** Cross R over L, Unwind ½ turn left placing weight onto L (12:00)