

Strung Out

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Lawrence Allen & Angela Helmsing

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 $\frac{1}{4}$ left turn stepping right foot back to right side taking weight back on right foot (3:00 wall)
- 5-6** Make a $\frac{1}{2}$ left turn stepping left foot forward (9:00 wall), make a $\frac{1}{2}$ left turn stepping right foot back (3:00 wall)
- 7&8** Make a $\frac{1}{4}$ left turn stepping left foot to left side (12:00 wall), step right beside left, make $\frac{1}{4}$ 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, $\frac{1}{2}$ LEFT TURN, $\frac{1}{2}$ 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 $\frac{1}{2}$ left turn stepping left foot forward (6:00 wall), $\frac{1}{2}$ 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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