

Stressed Out

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Count: 48 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Weber Wen (USA) May 2016

Music: "Stressed Out" by Twenty One Pilots (Album: "Blurryface")

INTRO: 8 counts - SEQUENCE: AB - AB - ATB - A - A - A - A

[Part A] 32 counts

AS1: ROCK, RECOVER, 1/4 TURN SHUFFLE, MAMBO, BACK-TURN-STEP

- 1-2** Cross R over L; Recover weight on L
- 3&4** Step R to side, step L next R, turn 1/4 to right stepping forward on R (3:00)
- 5&6** Rock forward on L, recover weight on R, step L next to R
- 7&8** Step back on R, turn 1/2 to left stepping forward on L, step forward on R (9:00)

AS2: HEEL SWITCHES, CROSS-AND-HEEL-AND, HEEL SWITCHES, CROSS-AND-HEEL-AND

- 1&2&** Touch L heel front, step L next to R, touch R heel front, step R next to L
- 3&4&** Cross L over R, step R to side, touch L heel front diagonally, step L next to R
- 5&6&** Touch R heel front, step R next to L, touch L heel front, step L next to R
- 7&8&** Cross R over L, step L to side, touch R heel front diagonally, step R next to L

AS3: CROSS-BACK-TURN, SHUFFLE x 2, CHASE 1/2 TURN

- 1&2** Cross L over R, step back on R, turn 1/4 to left stepping L to side (6:00)
- 3&4** Step forward on R, step L next to R, step forward on R
- 5&6** Step forward on L, step R next to L, step forward on L
- 7&8** Step forward on R, pivot 1/2 turn to left, step forward on R (12:00)

AS4: STEP, LOCK-STEP-STEP-LOCK-STEP-SCUFF, CROSS ROCK-AND-SIDE, CROSS ROCK-AND-SIDE-TURN

- 1-2&** Step forward on L; Lock R behind L, step forward on L
- 3&4&** Step slightly forward on R, lock L behind R, step forward on R, scuff L heel forward
- 5&6** Cross rock L over R, recover weight on R, step L to side
- 7&8&** Cross rock R over L, recover weight on L, step R to side, turn 1/4 to left stepping L to side (9:00)

[Part B] (16 counts) Dance only first 3 walls

BS1: SIDE, SAILOR, BEHIND-TURN-STEP, PIVOT 1/2 TURN L, 1/4 TURN L SIDE, KICK-BALL

- 1-2&** Step R to side; Step L behind R, step R next to L
- 3-4&** Step L to side; Step R behind L, turn 1/4 to left stepping forward on L (6:00)
- 5-6** Step forward on R; Pivot 1/2 turn to left (12:00)
- 7-8&** Turn 1/4 turn to left stepping R to side; Kick L forward, step ball of L next to R (9:00)

BS2: TRAVELING DIAMOND

- 1-2&** Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (6:00)
- 3-4&** Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (3:00)
- 5-6&** Turn 1/8 to left stepping forward on R; Step forward on L, turn 1/8 to left stepping R to side (12:00)
- 7-8&** Turn 1/8 to left stepping back on L; Step back on R, turn 1/8 to left stepping L to side (9:00)

[TAG] SCUFF-HITCH-TOUCH

- 1&2** Scuff R heel forward, hitch R knee up, touch R toe to side

*** Happens one time only on Wall 3 after Part A**

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