

# THROWN OUT

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**Count:** 32      **Wall:** 4      **Level:** beginner dance

**Choreographer:** Kay Blakeley

**Music:** Thrown Out Of Love by 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