

# THROWN OUT

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

**Choreographer:** Kay Blakeley

**Music:** **Thrown Out Of Love** by Jason McCoy



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## **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**