

SO TIED UP

Choreographed By: Darren Bailey

Level: Intermediate

Counts/Walls: 32 Counts/16 Count Tag/4 Walls

Music: So tied up by Cold War Kids

Intro: 16 counts (roughly 10 seconds)

Tag (the tag happens on wall 2, 5(double tag), 10(double tag to finish).



Walk x 2, Step, Lock, Forward, Forward, Step, pivot ½ L, ¼ turn L, ½ turn L

- 1-2& Step forward on RF, Step forward on LF, Step forward on RF lifting onto the ball of the foot
- 3&4 Lock LF behind RF, Step forward on RF, Step forward on LF
- 5-6 Step forward on RF, Make a ½ pivot turn L
- 7-8 Make a ¼ turn L touching RF to R side, Make a ½ turn L touching RF to R side

Cross Samba, Cross and Back, Back, Back, Out, Out, Touch, Clap x2

- 1&2 Cross RF over LF, Rock LF to L side, Recover onto RF
- 3&4 Cross LF over RF, step diagonally back on RF, Step straight back on LF
- 5-6& Step back on RF, Step back on LF, Step out to R side with RF
- 7&8 Step out to L side with LF, Touch RF next to LF and clap, clap.

Point side, Touch In, Heel forward, Close, Touch side with knee In, Knee out, Pop shoulder to L, ¼ turn L, Lock, Shuffle forward

- 1&2& Point RF to R side, Touch RF next to LF, Touch R heel forward, step RF next to LF
- 3&4 Touch LF to L side popping L knee in, Pop L knee out, Push shoulders to the L
- 5-6 Make a ¼ turn L and step forward on LF, Lock RF behind LF
- 7&8 Step forward on LF, Close RF behind LF, Step forward on LF

Full circle run, Point side, Cross, Side, Sailor ¼ turn L

- 1-2& Make a ¼ turn R and step forward on RF, Make a ¼ turn R and step forward on LF, Make a ¼ R and step forward on RF
- 3&4 Make a ¼ turn R and step forward on LF, Close RF next to LF, Point LF to L side
- 5-6 Cross LF over RF, Step RF to R side
- 7&8 Cross LF behind RF making a ¼ turn L, Step RF next to RF, step forward on LF

Tag (wall 2 facing 3:00, wall 5 facing 9:00 (double), wall 10 facing 9:00(double))

Slide diagonal R, Close, Chest pops, Slide diagonal L, Ball change

- 1-2 Take a big step with RF to R diagonal, Drag LF
- &3-4 Push chest out, Contract chest back, Hold
- 5-6 Take a big step with LF to L diagonal, Drag RF
- &7-8 Step RF next to LF, Step forward on LF, Hold

Step ½ turn pivot L, ½ turn Out, Out, Walk back x3, Close

- 1-2 Step forward on RF, Make a ½ pivot turn L
- &3-4 Make a ½ turn L and step out on RF, Step out on LF, Hold
- 5-6 Step back with RF, Step back with LF
- 7-8 Step back with RF, Close LF next to RF

Hope you enjoy the dance.

Live to Love; Dance to Express.