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Stressed Out

48 Count, 4 Wall, Intermediate (Phrased)

Choreographer: Weber Wen (USA) May 2016

Choreographed to: Stressed Out by Twenty One Pilots.

Album: Blurryface

Intro: 8 counts - Sequence: AB - AB - ATB - A - A - A - A

[Part A] 32 counts

Section 1: **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)

Section 2: **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

Section 3: **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)

Section 4: **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

Section 1: **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)

Section 2: **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