



## So Tied Up

32 Count, 4 Wall, Intermediate  
Choreographer: Darren Bailey (UK) Apr 2018  
Choreographed to: So Tied Up by Cold War Kids

**Intro:** 16 counts (roughly 10 seconds)

**Tag:** (The Tag happens on wall 2, 4 (double tag), 8 (double tag to finish)).

**Section 1** **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 (6:00)  
7-8 Make a ¼ turn L touching RF to R side, Make a ½ turn L touching RF to R side (9:00)

**Section 2** **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.

**Section 3** **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 (6:00)  
7&8 Step forward on LF, Close RF behind LF, Step forward on LF

**Section 4** **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 (6:00)  
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 (3:00)

**Tag:** (after wall 1 facing 3:00, after wall 3 facing 9:00 (double), after wall 7 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**

1-2 **Step ½ turn pivot L, ½ turn Out, Out, Walk back x3, Close**  
&3-4 **Step forward on RF, Make a ½ pivot turn L**  
5-6 **Make a ½ turn L and step out on RF, Step out on LF, Hold**  
7-8 **Step back with RF, Step back with LF**  
**Step back with RF, Close LF next to RF**

Feel free to add your own styling on the tag.

Hope you enjoy the dance.  
Live to Love; Dance to Express.