

Stuck In My Head

COPPER **NOB**
STEPSHEETS

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Daniel Trepát (NL) & Rebecca Lee (MY) - April 2017

Musik: Outta My Head - OG3NE



Start dance after 16 counts

SIDE STEP WITH TOUCH X2 , ROCKING CHAIR, SCUFF, OUT OUT

- 1 Big step R to R side (push both hand to L with R bend near to chest, L straighten to L side)
 - 2 Touch L next to R (bring both hand up to 90° like muscle man)
 - 3 Big step L to L side (push both hand to R with L bend near to chest, R straighten to R side)
 - 4 Touch R next to L (bring both hand up to 90° like muscle man)
 - 5&6& Rock R forward, Recover L, Rock R back, Recover L
 - 7&8 Scuff R, Step R to R, Step L to L
- (Place both hand on the head like having headache)**

TWIST R, ¼ TURN BALL-STEP, ROCK ½ TURN, ¼ TURN DIP, ½ TURN STEP

- 1 Twist R toe out to R while Twist L heel out to L (hand open to side as you twist)
- 2 Recover L heel and R toe (place the hand back to the head) Weight ends on L
- &3,4 Step R next to L, ¼ turn L Step L forward, Step R forward
- 5&6 Rock L forward, Recover R, ½ turn L Step L forward
- 7 ¼ turn L step R to R side (with knee bent look like squat/plie position)
- 8 ½ turn L step L to L as you straighten the knee

CROSS ROCK X2, HEEL SWIVEL X2, JUMP , BODY ROLL

- 1&2 Cross Rock R over L, Recover L, Step R to R
- 3&4 Cross Rock L over R, Recover R, Step L to L
- &5&6 Swivel R heel in, Recover R heel in place, Swivel L heel in, Recover L heel in place
- 7,8 Jump feet together with bend knees, reverse body roll (Roll up)

STEP ¼ TURN L PIVOT, HEEL SWIVEL, BALL-CROSS, KNEE POP, DRAG, HITCH

- 1&2 Step R forward, 1/4 turn L Swivel L heel to R, Swivel R heel to R
- &3,4 Step L next to R, Cross R over L, Step R forward diagonally L
- 5,6 Pop R knee forward, Pop L knee forward
- 7,8 Drag R toward L, Hitch R knee

TAG: (after Wall 3 (9'00))

- 1,2 Step R to R, Touch L next to R (place both hand on the head like headache)
- 3,4 ¼ turn L with toe step R,L while knee knockx2 (out,in)
- 5,6 ¼ turn L Step R to R, Touch L next to R
- 7,8 ¼ turn L with toe step R,L while knee knockx2 (out,in) (3.00)

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