

# Locked Inside My Head

**COPPER** **KNOB**  
BY SHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jonas Dahlgren (SWE) & Gregory Danvoie (BEL) - October 2024

Musik: Troubled Waters - Alex Warren



## S1: Walk fwd X2, Anchor step, Step back X2, Coaster cross

- 1-2 RF step forward, LF step forward (12:00)  
3&4 RF Lock behind LF, recover on LF, RF step slightly back (12:00)  
5-6 LF step back, RF step back (12:00)  
**Option: or full turn back to the L**  
7&8 LF step back, RF step next to LF, LF cross over RF (12:00)

## S2: Sway X2, Side chasse, Cross over, Step back with ¼ turn, Side chasse

- 1-2 RF step to the R side with a sway to the R, sway to the L side (12:00)  
3&4 RF step to the R side, LF step next to RF, RF step to the R side (12:00)  
5-6 LF cross over RF, RF step back with ¼ turn to the L (09:00)  
7&8 LF step to the L side, RF step next to LF, LF step to the L side (09:00)

### \*RESTART WALL 2 & 6

## S3: Hip turn X2, Walk X4 with 3/8 turn

- 1-2 RF touch forward with 1/8 turn to the L hip bump, recover, RF step back with ½ turn to the L (10:30)  
3-4 LF touch back with hip bump, recover, LF step forward with 1/2 turn to the L (10:30)  
5-8 Walk R, L, R, L with 3/8 turn the L side (06:00)

### Styling: When you walk you can touch with the opposite toe

## S4: Rock fwd, Recover, Behind-side-cross, Side rock, Recover, Sailor with ¼ turn

- 1-2 RF rock forward, recover on LF (06:00)  
3&4 RF cross behind LF, LF step to the L side, RF cross over LF (06:00)  
5-6 LF side rock to the L side, recover on RF (06:00)  
7&8 LF cross behind RF with ¼ turn to the L, RF step slightly to the R side, LF step slightly to the L side (03:00)

### Restart: \*At wall 2 & 6 after 16 counts

## Tag: End of wall 4 & 8

- 1-2 RF step forward, LF step forward  
3&4 RF touch next to LF, Clap in your hands X2

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