

# Out Of My Head

Count: 0

Wand: 1

Ebene: Intermediate

Choreograf/in: Michel Cabana (CAN)

Musik: Can't Get You Out of My Head - Kylie Minogue



Sequence: AAB ABCDE A ABCDE E AAB

## PART A

### WALK, WALK, KICKBALL TOUCH, WALK, WALK, KICK BALL TOUCH

- 1-2 Step forward on the right, step forward on the left
- 3&4 Kick right forward, bring right beside left, touch left toe to the left side
- 5-6 Step forward on the left, step forward on the right
- 7&8 Kick left forward, bring left beside right, touch right toe to the right side

### ROCK STEP, SHUFFLE BACK, FULL TURN, COASTER STEP

- 1-2 Rock forward on the right, recover weight on the left
- 3&4 Step back on the right, bring left beside right, step back on the right
- 5-6 Pivot ½ turn left as you step forward on the left, pivot ½ turn left as you step back on the right
- 7&8 Step back on the left, bring right beside left, step forward on the left

## PART B

### HAND, HAND, FOLD, BEND, HEAD, HEAD, PIVOT ¼ TURN LEFT

- 1-2 Right hand up forward at ¼ turn, palm facing left side & left hand over right muscle, bring right hand over left muscle as you bring left hand up to do the opposite
- 3-4 Fold left hand on right elbow, bend knees as you place both hands on both knees
- 5-6 Straighten up as you tilt head right with hands on each side of temples, straighten the head
- 7-8 Step forward with the right foot, pivot ¼ turn left (keeping hands on each side of temples)

### ARM DOWN, ARM DOWN, ARM UP, ARM UP, PULL, PUSH, PIVOT ¼ TURN LEFT

- 1-2 Bring right arm straight down palm on right thigh, bring left arm straight down palm on left thigh
- 3-4 Bring right arm straight out forward palm facing forward, bring left arm straight out forward palm facing forward
- 5-6 Pull right arm towards body as you push left arm forward, return to original position (palms still forward)
- 7-8 Pull right arm towards body as you push left arm further stepping forward on the right foot and turning head ¼ turn right, pivot ¼ turn left as you extend right arm straight out to the right side and pull left arm to the right shoulder and turning head ½ turn left to face forward

### HAND, HAND, FOLD, BEND, HEAD, HEAD, PIVOT ¼ TURN LEFT

- 1-2 Right hand up forward at ¼ turn, palm facing left side & left hand over right muscle, bring right hand over left muscle as you bring left hand up to do the opposite
- 3-4 Fold left hand on right elbow, bend knees as you place both hands on both knees
- 5-6 Straighten up as you tilt head right with hands on each side of temples, straighten the head
- 7-8 Step forward with the right foot, pivot ¼ turn left (keeping hands on each side of temples)

### ARM DOWN, ARM DOWN, ARM UP, ARM UP, PULL, PUSH, PIVOT ¼ TURN LEFT

- 1-2 Bring right arm straight down palm on right thigh, bring left arm straight down palm on left thigh
- 3-4 Bring right arm straight out forward palm facing forward, bring left arm straight out forward palm facing forward
- 5-6 Pull right arm towards body as you push left arm forward, return to original position (palms still forward)

- 7-8 Pull right arm towards body as you push left arm further stepping forward on the right foot and turning head  $\frac{1}{4}$  turn right, pivot  $\frac{1}{4}$  turn left as you extend right arm straight out to the right side and pull left arm to the right shoulder and turning head  $\frac{1}{2}$  turn left to face forward

### **PART C**

#### **SIDE, BEHIND & CROSS, SIDE, CROSS ROCK, SHUFFLE WITH A $\frac{1}{4}$ TURN LEFT**

- 1-2 Step right to the right, cross left behind right  
&3-4 Step right beside left, cross left over right, step right to the right  
5-6 Cross left over right, recover weight on left  
7&8 Step left to the left, step right beside left, step left to the left as you pivot  $\frac{1}{4}$  turn left

#### **ROCK FORWARD, ROCK BACK, MILITARY TURN, SHUFFLE FORWARD**

- 1-2 Step forward on the right, recover weight on left  
3-4 Step back on the right, recover weight on left  
5-6 Step forward on the right, pivot  $\frac{1}{2}$  turn left (weight ending on left)  
7&8 Step forward on the right, step left beside right, step forward on the right

#### **SIDE, BEHIND & CROSS, SIDE, CROSS ROCK, SHUFFLE WITH A $\frac{1}{4}$ TURN LEFT**

- 1-2 Step left to the left, cross right behind left  
&3-4 Step left beside right, cross right over left, step left to the left  
5-6 Cross right over left, recover weight on left  
7&8 Step right to the right, step left beside right, step left to the left as you pivot  $\frac{1}{4}$  turn to the left

#### **ROCK FORWARD, ROCK BACK, MILITARY TURN, SHUFFLE FORWARD**

- 1-2 Step forward on the left, recover weight on right  
3-4 Step back on the left, recover weight on right  
5-6 Step forward on the left, pivot  $\frac{1}{2}$  turn right (weight ending on right)  
7&8 Step forward on the left, step right beside left, step forward on the left

### **PART D**

#### **SIDE, TOGETHER, BACK, TOGETHER, CROSS, SIDE, TOGETHER WITH $\frac{1}{4}$ TURN RIGHT, FORWARD (THE WHOLE SEQUENCE REPEATED 3 TIMES)**

- 1-2 Step right on the right, step left beside right  
3-4 Step back on the right, step left beside right  
5-6 Cross right over left, step left to the left side  
7-8 Bring right beside left as you pivot  $\frac{1}{4}$  turn right, step forward on the left  
9-32 Repeat Part D 3 more times to face the front wall

### **PART E**

#### **VINE RIGHT, TOUCH, TOUCH, TOUCH, TOUCH**

- 1-2 Step right to the right, cross left behind  
3-4 Step right to the right, touch left beside right  
5-6 Touch left to the left side, touch left across right  
7-8 Touch left to the left side, touch left beside right

#### **VINE LEFT, TOUCH, TOUCH, TOUCH, TOUCH**

- 1-2 Step left to the left, cross right behind  
3-4 Step left to the left, touch right beside left  
5-6 Touch right to the right side, touch right across left  
1-8 Touch right to the right side, touch right beside left
-