Count: $0 \quad$ Wand: 0
Ebene: Phrased Intermediate
Choreograf/in: Michael Barr (USA) - May 2008
Musik: Out of Our Heads - Sheryl Crow

Lead: 16 counts.
(1-8) Walk, Walk, Walk, Out Out - 2 Sailor Steps
1,2,3,\&4 Step forward - R,L,R (\&) Step L out - side left; Step R out - side right (wt. right)
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead
Note: The sailor steps in this section and the next move slightly backwards in direction
(9-16) 2 Sailor Steps - Syncopated Vine Right
1\&2-3\&4 Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead
5 \& $6 \quad$ Step $L$ foot behind right; Step $R$ foot side right; Step $L$ foot in front of right
\&7\&8 Step $R$ side right; Step $L$ behind right; Step $R$ side right; Step $L$ in front of right
(17-24) Rock, $1 / 4$ Pivot Left, Kick Ball Point - \& Point \& Point \& Kick Ball Forward
1,2 Step Right side right; Turn $1 / 4$ left onto $L$ foot in place
3\&4 Kick $R$ forward; Step $R$ in place; Touch $L$ side left Facing 9 o'clock
\&5\&6\& Step L next to right; Touch R side right; Step R next to left; Touch L side left; Step L next to right
7 \& $8 \quad$ Kick R forward; Step onto ball of R; Step L forward
(25-32) Step $1 / 4$ Side Point, Step Side Point - Step Side Point, Kick Ball Change
1-4 Step R forward; Turn $1 / 4$ right, touch L side left; Step L forward; Touch R side right Facing 12 o'clock
5,6,7\&8 Step R forward; Touch L side left; Kick L forward; Step onto ball of L; Step R in place
(33-40) Rock Return Triple 1/2 Turn Left - Twinkle Forward - 2 Times
Note: The next 8 counts are basically done 4 times in all. The triple steps for $5 \& 6$ and $7 \& 8$ are similar in form (not rhythm) to twinkles in a waltz.
1-2 Rock forward onto $L$ foot; Return weight onto $R$ foot in place (looking over left shoulder)
3 \& $4 \quad$ Turn $1 / 4$ left stepping $L$ foot side left; Step $R$ foot next to left; Turn $1 / 4$ left stepping $L$ foot forward Facing 6 o'clock
5 \& $6 \quad$ Step $R$ forward to left diagonal; Step ball of $L$ next to right; Step ball of $R$ next to left facing right diagonal
7 \& $8 \quad$ Step $L$ forward to the right diagonal; Step ball of $R$ next to left; Step $L$ next to right facing left diagonal
(41-48) Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times
1-2 Rock forward onto $R$ foot; Return weight onto $L$ foot in place (looking over right shoulder)
3 \& $4 \quad$ Turn $1 / 4$ right stepping $R$ side right; Step $L$ next to right; Turn $1 / 4$ right stepping $R$ forward Facing 12 o'clock
5 \& 6 Step L forward to the right diagonal; Step ball of $R$ next to left; Step ball of Left next to right facing left diagonal
7 \& $8 \quad$ Step $R$ forward to left diagonal; Step ball of $L$ next to right; Step $R$ next to left facing right diagonal
(49-56) Rock Return Triple 3/4 Turn Left - Twinkle Forward - 2 Times
1-2 Rock forward onto $L$ foot; Return weight onto $R$ foot in place (looking over left shoulder)

| $3 \& 4$ | Turn $1 / 2$ left stepping onto L; Step R foot next to left; Turn $1 / 4$ left stepping $L$ foot forward <br> Facing 3 o'clock |
| :--- | :--- |
| $5 \& 6$ | Step R forward to left diagonal; Step ball of $L$ next to right; Step ball of $R$ next to left facing <br> right diagonal |
| $7 \& 8$ | Step L forward to the right diagonal; Step ball of R next to left; Step Left next to right facing <br> left diagonal |

(57-64) Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times
1-2 Rock forward onto $R$ foot; Return weight onto $L$ foot in place (looking over right shoulder)
3 \& $4 \quad$ Turn $1 / 4$ right stepping $R$ side right; Step $L$ next to right; Turn $1 / 4$ right stepping $R$ forward Facing 9 o'clock
5 \& 6 Step $L$ forward to the right diagonal; Step ball of $R$ next to left; Step ball of $L$ next to right facing left diagonal
7 \& $8 \quad$ Step $R$ forward to left diagonal; Step ball of $L$ next to right; Step $R$ next to left (square up on 9 o'clock wall)
(64-68) 7 Small Steps Forward Starting With The Left Ending With The Left
5\&6\&7\&8 Step L,R,L,R,L,R,L Do these 7 steps on the balls of the feet. Come up on counts 5 \& 6 \& then come down on 7 \& 8

BEGIN AGAIN!!! Please see restarts and tags on next page
Tags and Restarts:

- The added " $\&$ " counts on walls 2,4 , and 5 are technically tags since they are added to the choreography.
- The TAG on wall 4 asks you to do the FIRST 12 counts of the dance, drop the syncopated vine and add two more sailor steps in it's place, do the " $\ell$ " count and restart the dance.
- Wall 5 you drop the last 4 counts then do the " $\&$ " count tag to start the dance.
- And lastly, wall 6 asks you to do the last 4 counts with a $1 / 2$ turn to face the front and a "TA DA" for and ending.

This is all written out below.
Dance flows in a counterclockwise direction:
Wall 2 - Starts on the 9 o'clock wall and restarts on the 9 o'clock wall with the tag (still wall 2):
( $1-48$ ) Finish 48 counts of wall 2 . You will be on your Right foot
TAG: " $\&$ " STEP
\&
Step onto ball of $L$ in place (restart wall 2 again)
Wall 4 - Starts on the 3 o'clock wall and restarts on the 3 o'clock wall with the tag (still wall 4):
Dance the first 12 counts of the dance:
( 1 - 8) WALK, WALK, WALK, OUT OUT - 2 SAILOR STEPS (same as original steps)
1,2,3,\&4 Step R forward; Step L forward; Step R forward; (\&) Step L side left; Step R side right
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot center or home:
Repeat Sailor with Right foot lead
(9-12) 2 SAILOR STEPS
1\&2-3\&4 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead

TAG: 2 SAILOR STEPS - " $\&$ " STEP
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead
\& Step onto ball of $L$ next to right (restart wall 4 again)

Wall 5 - Starts on the 12 o'clock wall and drops the last 4 counts (you will be facing the 9 o'clock wall) Note: Finish up to count 64. Drop counts 65-68 - the 7 small steps forward. Your weight will be on your Right TAG: "\&" STEP
\& $\quad$ Step onto ball of $L$ in place (restart the dance - wall 6)
Wall 6 Ending!!! Starts on the 9 o'clock wall and ends on the 12 o'clock wall.
Do all 68 counts of the dance and on the last 4 counts start a $1 / 2$ turn left to face the front and add the TA DA (65-68) 7 SMALL STEPS MAKING A 1/2 TURN LEFT
$5 \& 6 \& 7 \& 8 \quad$ Step $L$ forward and start to make a $1 / 2$ turn left continuing with $R, L, R, L, R, L$ Do these 7 steps on the balls of the feet. Come up on counts $5 \& 6 \&$ then come down on $7 \& 8$ TA DA: STEP TOUCH
\& $1 \quad$ Step the $R$ forward; Touch the $L$ behind and side right with arms out stretched with palms facing forward

Congratulations! I want to really thank you giving this a chance. I would dare say this has been a mind bending experience. I do hope it's been a good one. Call or email me any time for any clarifications. MB

