

# Stuck In My Head

**COPPER** **KNOB**  
BY STEPSHEETS

Count: 48

Wall: 2

Level: Improver Country

Choreographer: Saku Tonteri (FIN) & Shane McKeever (N.IRE) - January 2017

Music: Stuck in My Head - Craig Wayne Boyd : (3:10)



Sequence: A, A + extension, A, A + extension, A, A, A, A

**A part (1st wall starts from 5th eight approx.. 17sec)**

**[1-9] SIDE(1), CROSS(2), RECOVER(3), ¼ TURNING CHA-CHA(4&5), STEP(6), ½ TURN(7), CHA-CHA(8&1)**

1,2,3 Step R to right, Step L across R, Change weight from L to R,  
4&5 Step L to left, Step R together L, Turn ¼ left and step L forward,  
6,7 Step R forward, Turn ½ left (weight on R)  
8&1 Step L forward, Lock R behind L, Step L forward

**[10-16] STEP LOCK(2), CHA-CHA(3&4), CROSS OVER(5), SIDE(&) 1/8 BACK(6), BACK(7), 3/8 TURN(&), ¼ TURN(8)**

2,3&4 Lock R behind L, Step L forward, Lock R behind L, Step L forward,  
5&6 Step R across L, Step L to left, Turn 1/8 right and step R backward,  
7&8 Step L backward, Turn 3/8 right and step R to right, Turn ¼ right and step L forward

**[17-24] HIP SWINGS(1-4)\*, CROSS OVER(5), SIDE(&), CROSS BEHIND(6), SIDE SLIDE(7), TOUCH TOGETHER(8)**

1-4 Step R to right(1) and rotate your hips while transferring your weight alternately from R to L(2), L to R(3) and R to L(4) \*  
5&6 Step R across L, Step L to left, Step R behind L,  
7,8 Step L to left, Touch R together L

**\*Styling for hip swings: The music is giving reference with harder beats and repeating word Bang in chorus, where you may add your head swing from side to side on these references.**

**This happens A, A\* + extension, A, A\* + extension, A, A\*, A\*, A**

**[25-32] STEP(1), ¼ TURN WEIGHT CHANGE(2), REVERSE(3), STEP(4), ¼ TURN WEIGHT CHANGE(5), REVERSE ½ TURN WEIGHT CHANGE(6-8)**

1,2,3 Step R forward, Turn ¼ left and change weight to L, Full reverse to R,  
4,5 Step L forward, Turn ¼ right and change weight to R,  
6-8 Turn ½ left by changing weight to L and same time sweep your R around to touch together L

**Extension**

**[33-40] SIDE(1), CROSS(2), RECOVER WITH SWEEP(3), ROCK RECOVER(4&), SIDE(5), CHA-CHA IN PLACE (6&), SIDE(7), CHA-CHA IN PLACE(8&)**

1,2,3 Step R to right, Step L across R, Change weight from L to R and sweep L around to behind R,  
4&5 Step L behind R, Change weight to R, Step L to left,  
6&7 Step R together L, Change weight to L, Step R to right,  
8& Step L together R, Change weight to R

**[41-48] SIDE(1), CROSS(2), RECOVER(3), BACK CHA-CHA(4&5), BACK ROCK(6,7) STEP(8)**

1,2,3 Step L to left, Step R across L, Change weight to L,  
4&5 Step R backward, Lock L in front R, Step R backward,  
6,7,8 Step L backward, Change weight to R, Step L forward

**Get yourself on floor and feel it!**

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