

# Out Of My Head (Back In My Bed)

**COPPER** **KNOB**  
BY STEPHEN BATES

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Caz Mawby (UK)

Music: Out Of My Head - Sharon B



## **RIGHT SHUFFLE, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE, STEP, PIVOT ¾ TURN LEFT**

- 1&2 Step forward on right, step left next to right, step forward on right  
3-4 Step forward on left, pivot ½ turn right  
5&6 Step forward on left, step right next to left, step forward on left  
7-8 Step forward on right, pivot ¾ turn left

## **CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK**

- 1&2 Step right to side, close left together, step right to side  
3-4 Rock back on left, recover weight on right  
5&6 Step left to side, close right together, step left to side  
7-8 Rock back on right, recover weight on left

## **SIDE BEHIND & CROSS POINT, CROSS POINT, CROSS POINT**

- 1-2 Step right to side, step left behind  
&3-4 Step right to side, cross left over right, point right out to side  
5-6 Cross right over left, point left out to side  
7-8 Cross left over right, point right out to side

## **JAZZ BOX ½ TURN, RIGHT TOE STRUT, LEFT TOE STRUT**

- 1-4 Cross right over left, step left back making a ¼ turn right, make another ¼ turn right stepping right to side, place left next to right  
5-6 Touch right toe forward, drop heel taking weight  
7-8 Touch left toe forward, drop heel taking weight

## **HEEL SWITCHES, STEP PIVOT ¼ TURN, HEEL SWITCHES, STEP PIVOT ¼ TURN**

- 1&2 Touch right heel forward, place right, touch left heel forward  
&3-4 Place left, step forward on right, pivot ¼ turn left  
5&6 Touch right heel forward, place right, touch left heel forward  
&7-8 Place left, step forward on right, pivot ¼ turn left

## **KICK, KICK, SIDE ROCK, KICK, KICK, SIDE ROCK**

- 1-2 Kick right diagonally forward across left twice  
3-4 Rock right out to side, recover weight on left  
5-6 Kick right diagonally forward across left twice  
7-8 Rock right out to side, recover weight on left

## **CROSS, SIDE RIGHT, SAILOR STEP, CROSS, SIDE LEFT, SAILOR STEP**

- 1-2 Cross right over left, step left to side  
3&4 Cross right behind left, step left to side, step right to place  
5-6 Cross left over right, step right to side  
7&8 Cross left behind right, step right to side, step left to place

## **ROCKING CHAIR, STEP PIVOT TWICE (PADDLES)**

- 1-4 Rock forward on right, recover weight back on left, rock back on right, recover weight forward on left  
5-8 Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left (weight on left)

REPEAT

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