

# Out Of My Mind

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Craig Bennett (UK)

**Music:** Out of My Mind - Will Young



- 1-2 Walk forward right, then left  
3-4 Rock forward on right, recover back onto left  
5& Step back right, step left together  
6 Make  $\frac{1}{4}$  turn left stepping right to right side  
7& Cross left over right, step right to right side  
8 Touch left diagonally forward left
- &9-10 Step left beside right, cross right over left, touch left to left side  
&11 Step left beside right, touch right to right  
&12 Flick right out to right side, touch right forward  
13&14 Swivel both heels - out, in, out  
&15 Jump feet apart stepping - right then left  
&16 Lift heels up and down popping knees forward
- 17-18 Rock to left side on left, recover onto right  
19&20 Left sailor  $\frac{1}{4}$  turn left  
21-22 Step right forward, hold  
&23-24 Step left beside right, step right forward, touch left beside right
- 25 Step left back making  $\frac{1}{2}$  turn left  
26 Make further  $\frac{1}{2}$  turn left stepping right back  
27 Make  $\frac{1}{4}$  turn left stepping left to left side  
28 Touch right beside left  
29 Step right to right side bumping hips right  
30 Touch left toe to left side  
31&32 Bump hips left twice taking weight over to left

**REPEAT**

**RESTART**

On 2nd wall after count 24 (step left in place instead of a touch) start again and enjoy

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