

Out of My Head

Compte: 64

Mur: 2

Niveau: Intermediate / Advanced

Chorégraphe: Niels Poulsen (DK) - April 2023

Musique: I Swear - YouNotUs : (iTunes)



Intro: 12 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS!!!

[1 – 9] Fwd R, step ½ R with L flick, L step lock step, HOLD, R lock step, rock R fwd, sweep R

1 – 3 Step R fwd (1), step L fwd (2), turn ½ R stepping down on R flicking L backwards (3) ...

Note: on wall 3 the flick is particularly important so look over L shoulder to look at your flicking foot 6:00

4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 6:00

6&7 HOLD (6), lock R behind L (&), step L fwd (7) 6:00

8 – 1 Rock R fwd (8), recover back on L sweeping R to R side (1) 6:00

[10 – 16] Back RL with sweeps, behind side cross, vine R

2 – 3 Step back on R sweeping L to L side (2), step back on L sweeping R to R side (3) 6:00

4&5 Cross R behind L (4), step L to L side (&), cross R over L (5) 6:00

6 – 8 Step L to L side (6), cross R behind L (7), step L to L side (8) 6:00

[17 – 24] Point R, roll ¾ R back, R coaster step, HOLD, ¼ R side L, behind knee pop, ¼ L fwd L

1 – 3 Point R to R side (1), turn ¼ R stepping down on R (2), turn ½ R stepping back on L (3) 3:00

4&5 Step back on R (4), step L next to R (&), step R fwd (5) 3:00

6&7 HOLD (6), turn ¼ R stepping L to L side (&), cross R behind L popping L knee fwd (7) 6:00

8 Turn ¼ L stepping L fwd (8) 3:00

[25 – 32] Step ½ L X 2, ¼ L big side step R, slide L towards R, ball cross, side L

1 – 4 Step R fwd (1), turn ½ L onto L (2), step R fwd (3), turn ½ L onto L (4) 3:00

5 – 6 Turn ¼ L stepping R a big step to R side (5), slide L towards R (6) ...

Option on walls 1 & 3: to the note in the music do the ¼ L slide on the 'a' count rather than on count 5. In other words, try to be faster with your ¼ slide... 12:00

&7 – 8 Step L next to R (&), cross R over L (7), step L to L side (8) 12:00

[33 – 41] 1/8 R into R back rock, fwd R, L kick ball point, ½ R together, side L, triple side

1 – 3 Turn 1/8 R rocking back on R (1), recover on L (2), walk R fwd (3) 1:30

4&5 Kick L fwd (4), step L next to R (&), point R to R side (5) – Option: bend in L knee on count 5 1:30

6 – 7 Turn ½ R on L stepping R next to L (6), step L to L side (7) 7:30

8&1 Step R next to L (8), change weight to L (&), step R to R side (1) 7:30

[42 – 49] HOLD, ball side step R, HOLD, ball side step R, L back rock, L weave 1/4 L & R hitch

2&3 HOLD (2), step L next to R (&), step R to R side (3) 7:30

4&5 HOLD (4), step L next to R (&), step R to R side (5) 7:30

6 – 7 Rock back on L (6), recover on R (7) 7:30

8&1& Step L fwd (8), turn 1/8 L stepping R to R side (&), turn 1/8 L crossing L behind R (1), hitch R knee (&) 4:30

[50 – 57] Behind, side 1/8 L, R samba, cross, ¼ L back R, L back lock step

2 – 3 Cross R behind L (2), turn 1/8 L stepping L to L side (3) 3:00

4&5 Cross R over L (4), rock L to L side (&), recover on R (5) 3:00

6 – 7 Cross L over R (6), turn ¼ L stepping back on R (7) 12:00

8&1 Step back on L (8), lock R over L (&), step back on L (1) 12:00

[58 – 64] R back rock, R step lock step, L rock fwd, ½ L fwd L

2 – 3 Rock back on R (2), recover on L (3) 12:00

4&5 Step R fwd (4), lock L behind R (&), step R fwd (5) 12:00

6 – 8 Rock L fwd (6), recover back on R (7), turn ½ L on R stepping L fwd (8) 6:00

START AGAIN

Ending The track is only 2.11 mins long. This means you only do 4 walls of the dance.

Finish the dance on count 1 of wall 5 stomping R fwd and facing 12:00 again 12:00
