

Out Of My Mind

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Craig Bennett (UK)

Musique: Out of My Mind - Will Young

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- | | |
|--------|--|
| 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 ¼ 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 ¼ 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 ½ turn left |
| 26 | Make further ½ turn left stepping right back |
| 27 | Make ¼ 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
