

# Get Out Of My Mind

**COPPERKNOB**  
BY SHEETS

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Alexandra Fuller (UK)

Musique: Young Girl - Ed Cox



## **FORWARD ROCK, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE HALF TURN**

- 1-2 Rock forward on right, recover back onto left  
3&4 Step back on right, step left beside right, step forward on right  
5-6 Step forward on left, pivot ½ turn right  
7-8 Shuffle forward on left making ½ turn right, stepping left, right, left

## **BACK ROCK, SHUFFLE, CROSS ROCK, CHASSE LEFT**

- 1-2 Rock back on right, recover forward onto left  
3&4 Step forward on right, close left beside right, step forward on right  
5-6 Cross rock left over right, recover back onto right  
7&8 Step left to left side, close right beside left, step left to left side

## **FULL UNWIND, CHASSE LEFT, BACK ROCK, SHUFFLE ½ TURN**

- 1-2 Step right behind left, unwind full turn right (weight ends on right foot)  
3&4 Step left to left side, close right beside left, step left to left side  
5-6 Rock back on right, recover forward onto left  
7&8 Shuffle forward on right making ½ turn left, stepping right, left, right

## **BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, SHUFFLE**

- 1-2 Rock back on left, recover forward onto right  
3&4 Shuffle forward on left making ½ turn right, stepping left, right, left  
5-6 Rock back on right, recover forward onto left  
7&8 Step forward on right, close left beside right, step forward on right

## **STEP, PIVOT ½ TURN, WALKS FORWARD, SIDE ROCK, CROSS SHUFFLE**

- 1-2 Step forward on left, pivot ½ turn right  
3-4 Walk forward on left, walk forward on right  
5-6 Rock left to left side, recover onto right  
7&8 Cross left over right, step right to right side, cross left over right

## **SIDE ROCK, CROSS SHUFFLE, BACK ROCK, SHUFFLE**

- 1-2 Rock right to right side, recover onto left  
3&4 Cross right over left, step left to left side, cross right over left  
5-6 Rock back on left, recover forward onto right  
7&8 Step forward on left, close right beside left, step forward on left

## **FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE**

- 1-2 Rock forward on right, recover back onto left  
3&4 Shuffle ½ turn right, stepping right, left, right  
5-6 Walk forward on left, walk forward on right  
7&8 Step forward on left, close right beside left, step forward on left

## **FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE**

- 1-2 Rock forward on right, recover onto left  
3&4 Shuffle ½ turn right, stepping right, left, right  
5-6 Walk forward on left, walk forward on right

7&8 Step forward on left, close right beside left, step forward on left

**REPEAT**

**TAG**

**After count 48 on wall 2**

1-2 Rock forward on right, recover back onto left making  $\frac{1}{2}$  turn right

3-4 Walk forward on right, walk forward on left

**The  $\frac{1}{2}$  turn leads into the walks**

**Restart dance from beginning at this point. this is now wall 3**

**TAG**

**After count 12 on wall 5**

1-2 Step forward on left, pivot  $\frac{1}{2}$  turn right

3&4 Shuffle forward on left, stepping left, right, left

**Restart dance from beginning at this point. This is now wall 6**

---