

Stuck Inside My Head

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Anthony Gordon (USA) & Laura Gordon (USA) - February 2024
音乐: Stuck Inside My Head (Single Mix) - Riley Clemmons



#16 count intro, approx. 8 seconds

[1-8] Out-Out, Head Bob, Out-Out, Knee Pop, Knee Dip

- &1 2 Jump forward on R (&), jump forward on L (1), place hands on respective sides of head [optional] (2) 12.00
- 3 4 Bob head to right (3), bob head to left (4) 12.00
- &5&6 Jump back on R (&), jump back on L (5), pop both knees forward lifting both heels (&), drop both heels (6) 12.00
- 7 8 Take weight on L and dip R knee in to the left pivoting on the ball of R (7), swing R knee out to the right taking weight on R (8) 12.00

[9-16] Quarter Turn Heel Grind, Quarter Turn Ball Point, Ball-Cross, Scuff-Rock-Recover

- 1 2 Step L heel across R (1), make ¼ turn right stepping back on R (2) 9.00
- &3 4 Make ¼ turn left stepping L to left (&), point R to right (3), hold (4) 6.00
- &5&6 Step on ball of R in place (&), cross L over R (5), scuff R heel to right (&), rock right on R (6) 6.00
- 7&8 Recover weight to L (7), close R to L (&), make 1/8 turn left stepping forward on L (8) 4.30

Styling For &4 feel free to pop your shoulders or chest forward and back or left and right

[17-24] Walk-Walk, Mambo Step, Behind-Side-Cross, Quarter Turn, Quarter Turn

- 1 2 Walk forward on R (1), walk forward on L (2) 4.30
- 3&4 Rock forward on R (3), recover weight to L (&), step back on R (4) 4.30
- 5&6 Step L back and slightly behind R (5), make 1/8 turn right stepping R to right (&), cross L over R (6) 6.00
- 7 8 Make ¼ turn left stepping back on R (7), make ¼ turn left stepping forward on L (8) 12.00

[25-32] Quarter Turn, Close, Heel Swivets, Kick-Step-Touch, Hip Bumps x2

- 1 2 Make ¼ turn left making a big step to right on R (1), close L to R (2) 9.00
- &3&4 Twist R toe to right and L heel to left (&), recover feet to center (3), twist L toe to left and R heel to right (&), recover feet to center (4) 9.00
- 5&6 Kick L forward (5), step L in place (&), touch R toe behind L (6) 9.00
- 7 8 Bump hips to right taking weight (7), bump hips to left taking weight (8) 9.00

[33-40] Quarter-Half-Coaster Step, Half Turn, Coaster Step

- 1 2 Make ¼ turn right stepping forward on R (1), make ½ turn right stepping back on L (2) 6.00
- 3&4 Step back on R (3), close L to R (&), step forward on R (4) 6.00
- 5 6 Step forward on L (5), make ½ left stepping back on R (6) 12.00
- 7&8 Step back on L (7), close R to L (&), step forward on L (8) 12.00

[41-48] Kick-Ball-Slide, Ball-Step, Half Pivot Turn, Full Turn

- 1&2 Kick R forward (1), step R in place (&), take a big step forward on L dragging R behind (2) 12.00
- 3&4 Finish dragging R up to L (3), step R in place (&), step forward on L (4) 12.00
- 5 6 Step forward on R (5), pivot ½ turn left transferring weight to L (6) 6.00
- 7 8 ½ turn left stepping back on R (7), ½ turn left stepping forward on L (8) 6.00

Styling If you do not want to turn, feel free to replace with a walk R, walk L, or boogie walks/camel walks.

End of dance, start again!

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