

Out Of My Mind

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Craig Cooke (UK)
音乐: Out of My Mind - Will Young



TOUCH, TOUCH SAILOR STEP TWICE

1-2 Touch right foot to left diagonal, touch right-to-right side
3&4 Step right behind left, step left to left side, step right-to-right side
5-6 Touch left foot to right diagonal, touch left to left side
7&8 Step left behind right, step right-to-right side, step left to left side

SHUFFLE FORWARD, ½ PIVOT, SHUFFLE FORWARD ¼ TURN

1&2 Step right foot forward, step left next to right, step right forward
3-4 Step forward onto left pivot ½ turn right
5&6 Step forward onto left, step right next to left, step forward onto left
7-8 Step forward onto right make ¼ turn left

RIGHT KICK BALL CHANGE TWICE ROCKING CHAIR

1&2 Kick right foot forward, step right in place, step left in place
3&4 Repeat steps 1&2
5-6 Rock forward onto right foot, recover onto left
7-8 Rock back onto right foot recover onto left

POINT RIGHT, LEFT, RIGHT, & CLAP, POINT LEFT, RIGHT, LEFT & CLAP

1& Point right to right side, bring right in place
2& Point left to left side, bring left in place
3&4 Point right to right side, clap hands together twice
&5 Bring right foot in place, point left to left side
&6 Step left in place, point right to right side
&7 Step right in place, point left to left side
&8 Clap hands together twice

On wall 2 after this section restart dance from beginning

ROCKING CHAIR, 2X ½ TURNS

1-2 Rock forward onto left foot, recover onto right
3-4 Rock back onto left foot, recover onto right
5-6 Step forward onto left ½ pivot right
7-8 Step forward onto left ½ pivot right

ROCK & COASTER STEP, HEEL SWITCHES & CLAP TWICE

1-2 Rock forward onto left foot recover onto right
3&4 Step back onto left, step right next to left, step forward on left
& Place right heel forward
5 Bring right in place
& Place left heel forward
6 Bring left in place
& Place right heel forward
7 Bring right in place
&8 Clap hands together twice

HEEL SWITCHES, & CLAP TWICE, BACK ROCK RECOVER, STEP & TOUCH

- &1 Place left heel forward, bring left in place
- &2 Place right heel forward, bring right in place
- &3 Place left heel forward, bring left in place
- &4 Clap hands together twice
- 5-6 Rock back onto left foot, recover onto right
- 7-8 Step forward onto left foot & touch right in place next to left

REPEAT

RESTART

On wall 2, after count 32
