

# All In Ma Head

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Kirsteen Currie (UK)  
音乐: Over and Over (feat. Tim McGraw) - Nelly



## WALK, WALK, KICK BALL CROSS, VINE ¼ CHASSE

1-2      Walk forward right, left  
3&4      Kick right forward step right in place cross left over right  
5-6      Step right to right side, step left behind right  
7&8      Step right ¼ turn, step left beside right, step right forward

## LEFT LOCK, SHUFFLE FORWARD, ROCK COASTER

1-2      Step left forward, lock right behind left  
3&4      Step left forward, step right beside left, step left forward  
5-6      Rock right forward, recover onto left  
7&8      Step right back, step left beside right, cross right over left

## SIDE ROCK CROSS SHUFFLE, SIDE ROCK CROSS SHUFFLE

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

## WALK BACK RIGHT, LEFT, SHUFFLE ½, ¼ ROCK, KICK BALL CHANGE

1-2      Walk back left, right  
3&4      Shuffle step ½ turn in right stepping left, right, left  
5-6      Rock right to right side, recover onto left, turning ¼ left  
7&8      Kick right forward, step right in place, step left in place

**REPEAT**

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