

Out Of My Mind

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Theresa Needham (UK) - May 2008
音乐: Off My Rocker - Billy Currington : (CD: Billy Currington)



Dance rotates CCW - 32 count intro.

WALK, WALK, SIDE MAMBO R, WALK, WALK, SIDE MAMBO L

1 - 2 Walk forward R, Walk forward L
3 & 4 Rock R to R side, recover onto L, Step R next to L
5 - 6 Walk forward L, Walk forward R
7 & 8 Rock L to L side, recover onto R, Step L next to R

FORWARD ROCK SHUFFLE ½ R, WALK, WALK, L SAILOR STEP

1 - 2 Rock forward onto R, recover onto L
3 & 4 Shuffle ½ turn R, (RLR) 6-00
5 - 6 Walk L, Walk R
7 & 8 Step L behind R, Step R to R side, Step L to L side

TOUCH BACK, ¼ TURN R, BEHIND SIDE CROSS, SIDE ROCK CROSS SHUFFLE

1 - 2 Touch R toe back, Make ¼ turn R, (weight on R) 9-00
3 & 4 Step L behind R, Step R to R side, Cross L over R
5 - 6 Rock R to R side, recover onto L
7 & 8 Cross R over L, Step L to L side, Cross R over L

¼ R, SIDE, CROSS SHUFFLE, LUNGE RECOVER COASTER CROSS

1 - 2 Make ¼ turn R stepping back on L, Step R to R side 12-00
3 & 4 Cross L over R, Step R to R side, Cross L over R
5 - 6 Lunge to R diagonal, recover onto L
7 & 8 Step back on R, Step back on L, Cross R over L

LUNGE, RECOVER, BEHIND ¼ R, STEP, ROCKING CHAIR

1 - 2 Lunge to L diagonal, recover onto R
3 & 4 Step L behind R, ¼ turn R stepping forward on R, Step forward L 3-00
5 - 6 - 7 - 8 Rock forward on R, recover onto L, Rock back on R, recover onto L

STEP PIVOT ½ L, SHUFFLE FORWARD R, ROCK RECOVER, TRIPLE FULL TURN L

1 - 2 Step forward on R, Pivot ½ turn L 9-00
3 & 4 Step forward on R, Step L next to R, Step forward on R
5 - 6 Rock forward on L, recover onto R
7 & 8 Triple full turn L, (LRL) (Option for 7 & 8, Left coaster step)