

# In My Head

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数: Improver  
编舞者: Andy Williams (USA) - August 2008  
音乐: In My Head - Julianne Hough : (CD: Dancing with the Stars)



**Intro: 16 count intro, start on vocals.**

## **Step Side, Rock Back, Recover, Shuffle 1/4, Rock, Recover, Coaster Step**

1-3            Step left to side, rock back right, recover to left.  
4&5           Turning 1/4 right, step right forward, step left behind right, step right forward  
6-7            Rock left forward, recover to right.  
8&1            Step left back, step right next to left, step left forward.

## **Walk, Walk, Lift Knee, Turn 1/4, Cross Shuffle, Side Rock, Recover**

2-3            Walk right, walk left.  
4              Lift right knee as you turn 1/4 left (make the 1/4 turn sweeping motion with knee lifted.)  
5&6            Cross right over left, step left next to right, cross right over left.  
7-8            Rock left to side, recover to right.

## **Make 1/2 Turn Sailor, Shuffle, Kick And Point X 2**

1&2            Turni ng 1/4 left, step left back, turning ¼ left, step right in place, step left forward.  
3&4            Step right forward, step left behind right, step right forward.  
5&6            Kick left forward, step down on left, point right to side.  
7&8            Kick right forward, step down on right, point left to side.

## **Rock, Recover, 3/4 Turn, Rock Side, Recover, Behind, Side, Cross**

1-2            Rock left forward, recover to right.  
3&4            Turning 3/4 left, step forward left, step right behind left, step left forward.  
5-6            Rock right to side, recover to left.  
7&8            Step right behind left, step left to side, step right across left.

**Note: Dancers Song Will End While Doing The First Set Of 8. Rock, Recover, Do A ¼ Left Coaster Turn And Pose.**

**End Of Dance No Tags, Restarts Hope You Enjoy!!! Remember There's Always Time To Dance**

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