

# In My Head

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Shaz Walton (UK) - May 2010  
音乐: In My Head - Jason Derulo



## **Press. ¼ . Rock. Recover. Ball cross. Side. Rock. Recover. Shuffle ¼ left.**

- 1-2      Press forward on left foot. Push back off right foot as you make ¼ left.  
3-4      Rock left to left side. Recover on right (use hips)  
&5-6-7      Step left beside right. Cross right over left. Rock left to left. Rock right to right.  
8&1      Step left ¼ left. Step right beside left. Step left forward.

## **½ . ¼ . Rock. Recover. Side brush. Lunge. Heel drag. Behind. ¼ forward.**

- 2-3      Make a sharp ½ turn right dropping weight onto right. Step left ¼ right.  
4&5      Cross rock right behind left. Recover on left. Brush right foot to right side, extending right leg. (3.00)  
6-7      Lunge/press over right foot. Push back on left dragging right heel towards left. (3.00)  
8&1      Cross step right behind left. Make ¼ left stepping left forward. Step right forward. (12.00)

## **Push. Back/kick. Coaster side. Touch. Side. Sailor ¼**

- 2-3      Step/push forward on left. Step back right as you low kick left forward.  
4&5      Step back on left. Step back right. Step left to left side.  
6-7      Touch right beside left. Step right to right.  
8&1      Sailor ¼ left ending with left stepped to left side

## **Touch. Ball. Side. Touch. Ball. Forward. Touch. Step. Back. Coaster ¼ with flick**

- 2&3      Touch right beside left. Step right beside left. Make a big step to left with left foot.  
4&5      Touch right beside left. Step right beside left. Make a big step forward with left foot.  
6&7      Touch right beside left. Step right beside left. Make a big step back with left.  
8&1      Make ¼ right stepping right back. Step left back. Step right forward as you flick left back.

## **¼ hitch. Side. Sailor step. Sailor ¼. Full triple right.**

- 2-3      Hitch left up as you make ¼ right on ball of right. Step left to left.  
4&5      Cross right behind left. Step left to left. Step right to right.  
6&7      Sailor ¼ left.  
8&1      Make a full triple right stepping R-L-R (or coaster step)

## **Out. Out. Touch ball cross. Sweep/sit. Kick ball rock.**

- 2-3      Step left to left side. Step right to right side (use hips)  
4&5      Touch left beside right. Step left beside right. Cross step right over left.  
6-7      Sweep left from back to front & sit over right hip.  
8&1      Kick left forward. Step left beside right. (\* restart here- wall 2- see note below) Rock forward on right.

## **Recover. Step. Rock. Recover. Step. Switch & switch. Hitch ¼. Rock. Recover. Cross.**

- 2&3      Recover on left. Step right beside left. Rock forward left.  
4&5      Recover on right. Step left beside right. Point right to right side.  
&6      Step right beside left. Point left to left side.  
7      make ¼ left as you hitch left up.  
8&1      Rock left to left. Recover on right. Cross step left over right.

## **Unwind. Step back. Coaster step. Forward. Hitch. Rock back. Recover (press)**

- 2-3      Unwind ¾ right. Step right back.

4&5 Step back left. Step back right. Step forward left.  
6-7 Take a big step forward on right. Hitch left up.  
8&1 Rock back on left. Recover on right. (Press forward left to begin again)

**Restart- wall 2- facing the back.**

**Dance the following-**

**Out. Out. Touch ball cross. Sweep/sit. Kick. Touch (press)**

2-3 Step left to left side. Step right to right side (use hips)  
4&5 Touch left beside right. Step left beside right. Cross step right over left.  
6-7 Sweep left from back to front & sit over right hip.  
8&(1) Kick left forward. Touch left beside right . Press forward on left foot – to begin the dance again

**Shaz5678@sky.com - 07762 410 190**

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