

Stuck In My Head

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Improver Country
編舞者: Saku Tonteri (FIN) & Shane McKeever (N.IRE) - January 2017
音樂: Stuck in My Head - Craig Wayne Boyd : (3:10)



Sequence: A, A + extension, A, A + extension, A, A, A, A

A part (1st wall starts from 5th eight approx.. 17sec)

[1-9] SIDE(1), CROSS(2), RECOVER(3), ¼ TURNING CHA-CHA(4&5), STEP(6), ½ TURN(7), CHA-CHA(8&1)

1,2,3 Step R to right, Step L across R, Change weight from L to R,
4&5 Step L to left, Step R together L, Turn ¼ left and step L forward,
6,7 Step R forward, Turn ½ left (weight on R)
8&1 Step L forward, Lock R behind L, Step L forward

[10-16] STEP LOCK(2), CHA-CHA(3&4), CROSS OVER(5), SIDE(&) 1/8 BACK(6), BACK(7), 3/8 TURN(&), ¼ TURN(8)

2,3&4 Lock R behind L, Step L forward, Lock R behind L, Step L forward,
5&6 Step R across L, Step L to left, Turn 1/8 right and step R backward,
7&8 Step L backward, Turn 3/8 right and step R to right, Turn ¼ right and step L forward

[17-24] HIP SWINGS(1-4)*, CROSS OVER(5), SIDE(&), CROSS BEHIND(6), SIDE SLIDE(7), TOUCH TOGETHER(8)

1-4 Step R to right(1) and rotate your hips while transferring your weight alternately from R to L(2), L to R(3) and R to L(4) *
5&6 Step R across L, Step L to left, Step R behind L,
7,8 Step L to left, Touch R together L

*Styling for hip swings: The music is giving reference with harder beats and repeating word Bang in chorus, where you may add your head swing from side to side on these references.

This happens A, A* + extension, A, A* + extension, A, A*, A*, A

[25-32] STEP(1), ¼ TURN WEIGHT CHANGE(2), REVERSE(3), STEP(4), ¼ TURN WEIGHT CHANGE(5), REVERSE ½ TURN WEIGHT CHANGE(6-8)

1,2,3 Step R forward, Turn ¼ left and change weight to L, Full reverse to R,
4,5 Step L forward, Turn ¼ right and change weight to R,
6-8 Turn ½ left by changing weight to L and same time sweep your R around to touch together L

Extension

[33-40] SIDE(1), CROSS(2), RECOVER WITH SWEEP(3), ROCK RECOVER(4&), SIDE(5), CHA-CHA IN PLACE (6&), SIDE(7), CHA-CHA IN PLACE(8&)

1,2,3 Step R to right, Step L across R, Change weight from L to R and sweep L around to behind R,
4&5 Step L behind R, Change weight to R, Step L to left,
6&7 Step R together L, Change weight to L, Step R to right,
8& Step L together R, Change weight to R

[41-48] SIDE(1), CROSS(2), RECOVER(3), BACK CHA-CHA(4&5), BACK ROCK(6,7) STEP(8)

1,2,3 Step L to left, Step R across L, Change weight to L,
4&5 Step R backward, Lock L in front R, Step R backward,
6,7,8 Step L backward, Change weight to R, Step L forward

Get yourself on floor and feel it!

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