

# State of My Head

拍數: 40      牆數: 4      級數: Novice  
編舞者: Kerly Luige (EST) - February 2017  
音樂: State of My Head - Shinedown : (Album: Threat to Survival)



Start with the lyrics „It's been a long bumpy ride“

**S1: Side, pause, weave, side-rock-cross, rock-step-1/2 turn**

- 1, 2      Step a long step to right with R, pause
- 3&4      Step L behind R, step R to right side, step L across R
- 5&6      Rock R to right side, recover weight on L, cross R over L
- 7&8      Rock L forward, recover weight on R, step L forward making a 1/2 turn to left (ending at 6 o'clock)

**S2: Rock-step-1/2 turn, pivot-turn 1/2 –step, side rocks right-left-right, weave**

- 1&2      Rock R forward, recover weight on L, step R forward making a 1/2 turn to right
- 3&4      Step L forward, make a 1/2 turn transferring your weight to R foot, step L forward (ending at 6 o'clock)
- 5&6      Rock R to right side, rock L to left side, rock R to right side
- 7&8      Step L behind R, step R to right side, step L across R

**Option: it is recommended that your body and especially your shoulders move along with the rock-steps during counts 5&6**

**S3: Touch-step, touch-step, out, out, sailor-turn 3/4**

- 1, 2      Touch right ball of foot to right forward diagonal, step down on R
- 3, 4      Touch left ball of foot to left forward diagonal, step down on L
- 5, 6      Step R to right forward diagonal, step L to left forward diagonal
- 7&8      Step R back turning 1/4 to right, step L to left side turning 1/2 right, step R to right side (ending at 3 o'clock)

**NB! Please use your hips as well during counts 1-6!**

**S4: Dorothy-step, Dorothy-step, rock-step-1/2 turn, triple-step full turn**

- 1, 2&      Step L forward to left forward diagonal, step together with R, step L forward to left forward diagonal
- 3, 4&      Step R forward to right forward diagonal, step together with L, step R forward to right forward diagonal
- 5&6      Rock L forward, recover weight on R, step L forward turning 1/2 to left
- 7&8      Step R back turning 1/2 to left, step together with L, step R forward turning 1/2 to left (ending at 9 o'clock)

**S5: Touch-step, touch-step, behind-cross-shuffle, unwind full turn**

- 1, 2      Touch left ball of foot to left forward diagonal, step down on L
- 3, 4      Touch right ball of foot to right forward diagonal, step down on R
- 5&6&      Step L behind R, step R to right side, step L across R, step R to right side
- 7, 8      Step L across R, unwind full turn to right (weight stays on left)

**NB! Please use your hips as well during counts 1-4!**