

In My Head

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Candee Seger (USA) - July 2017
音樂: Crazy - Kat Dahlia : (Album: Crazy)



Intro: 16 seconds in on vocals, 32 counts in

S1: Side R, Together, Forward, Lock Step Forward, Step 1/4 L, Crossing Triple

1,2,3 Step R to R (1), Step L next to R (2), Step R Forward (3)
4&5 Step L Forward (4), Lock R Behind L (&), Step L Forward (5)
6,7 Step R Forward (6), Turn 1/4 L taking weight on L (7)
8&1 Cross R over L (8), Step L to L side (&), Cross R over L (1) 9:00

S2: Side L, Together, Triple Forward, Rock, Recover, Lock Step Back

2,3 Step L to L (2), Step R next to L (3)
4&5 Step L Forward (4), Step R Forward (&), Step L Forward (5)
6,7 Rock R Forward (6), Recover L (7)
8&1 Step R Back)8), Cross Lock L over R (&), Step R Back (1) 9:00

S3: Full Turn, Sweep Behind, Side Cross, Side Rock, Recover, Together

2,3 Turn 1/2 L, Stepping Forward (2), Turn 1/2 L Stepping R Back, sweeping L behind R (3)
4&5 Cross L Behind R (4), Step R to R (&), Cross L over R (5)
6,7,8 Rock R to R (6), Recover ontp L (7), Step R next to L (8) □9:00

S4: Side, Rock, Together, Sway (3x), Triple Forward

1,2,3 Rock L to L side (1), Recover onto R (2), Step L next to R (3)
4,5,6 Step R to R diagonal swaying hips R (4), Sway Hips to L (5), Sway Hips to R (6) (weight R)
7&8 Step L Forward (7), Step R Forward (&), Step L Forward (8) □9:00

****Restart Wall 3 after 32 counts (facing 3:00 o'clock)**

S5: Rock R Forward, Recover, 1/2 R, L Forward, R Forward, Spiral 3/4 L, Rock, Recover, Step

1,2,3 Rock R Forward (1), Recover onto L (2), Turn 1/2 R, stepping R Forward (3) □3:00
4,5 Step L Forward (4), Step R Forward (5)
6,7 Spiral 3/4 L on RF (6), Rock Forward L (7) □6:00
&8 Recover R (&), Step L next to R (8) 6:00

S6: Cross, Back, Side, Cross, Back, Side, R Rock Back, Recover L, Step

1,2,3 Cross R over L (1), Step L back (2), Step R to R side (3)
4,5,6 Cross L over R (4), Step R back (5), Step L to L side (6)
7&8 Step R back (7), Recover L (&), Step R next to L (8) 6:00

S7: Side Rock Cross Forward, Side Rock Cross Forward, Rock 1/4 R, Rock, Recover, Step, Step

1&2 Rock L to L Side (1), Recover onto R (&), Cross L forward over R (2)
3&4 Rock R to R Side (3), Recover onto L (&), Cross R forward over L (4)
5&6 Rock L to L side (5), Turn 1/4 R stepping R Forward (&), Step L Forward (6) 9:00
7&8& Rock R Forward (7), Recover onto L (&), Step R Back (8), Step L next to R (&) □9:00

S8: Step Drag, Ball L, Step R, Step L, Sailor 1/2 R, Step, Swivet □□□□□

1,2,& Step R back (1), Drag L next to R (2), Quick Step L next to R (&),
3,4 Step R to R side (3), Step L to L side (4)
5&6 Cross R behind L (5), Turn 1/4 R, stepping L to L (&), Turn 1/4 R, stepping R to R (6) 3:00
7 Step L next to R (7)

&8 (Weight on ball of L, Heel of R), Swivel heels to L, Toes to R (&), Return feet back to center
(8) 3:00

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