

# Out Of My Head

拍數: 48      牆數: 4      級數: Improver  
編舞者: Helen Parkyn (UK) - January 2019  
音樂: Out of Our Heads - Take That



Intro - 8 counts

Alt country track – Up to my ears in tears by Alan Jackson

## RIGHT CHARLESTON, RIGHT TOUCH TWICE, RIGHT COASTER

1 - 8      Touch right toe forward, close right beside left, touch left toe straight back, close beside right, Touch right toe forward, diagonal right, right coaster (back right, close left, step forward right)

## LEFT CHARLESTON, LEFT TOUCH TWICE, LEFT COASTER

1 - 8      Touch left toe forward, close left beside right, touch right toe straight back, close beside left, Touch left toe forward, diagonal left, left coaster (back left, close right, step forward left)

## SYNCOPATED DOUBLE RIGHT WEAVE, SIDE ROCK AND CROSS

1, 2&3, 4      Step right to right side; cross left behind right, step right to side, cross left over front of right; step right to right side

5&6 7&8      Cross left behind right, step right to side, cross left over front of right; rock right to right Side, recover weight onto left, cross right over front of left.

## SYNCOPATED LEFT DOUBLE WEAVE, SIDE ROCK AND CROSS WITH ¼ TURN RIGHT

1, 2&3, 4      Step left to left side; cross right behind left, step left to side, cross right over front of left; step left to left side.

5&6, 7&8      Cross right behind left, step left to side, cross right over front of left; rock left to side, recover onto right with ¼ turn right, step forward left.

## DOUBLE HIPS BUMPS WITH ¼ TURNS (¾ TURN IN TOTAL)

1&2, 3&4      Step forward right and bump right left right, making ¼ left step left to side and bump left right left

5&6, 7&8      Making ¼ turn left step forward right and bump right left right, making ¼ left step left to side and bump left right left.

## CROSS SHUFFLE, SIDE SHUFFLE WITH 1/4 TURN RIGHT, RIGHT COASTER, LEFT FORWARD SHUFFLE

1&2, 3&4      Cross right over front of left, bring left up behind, cross right over front of left; step left to side, close right beside, step left to side with ¼ turn right;

5-6, 7&8      Step back right, close left beside, step forward right; step forward left, close right beside, step

START AGAIN (To finish – it's on left side rock/turn step on section 4, turn ¾ right to face front)