

# Dance You Outta My Head

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Jonas Dahlgren (SWE) & Johanna Dahlgren (SWE) - February 2024  
音樂: Dance You Outta My Head - Cat Janice : (Spotify, iTunes & Amazon)



No tags or restarts.

The artist of this song Cat Janice is losing her battle to cancer. All proceeds of this song will go to her 7 year old son. So dance, reflect, enjoy. Appreciate each other, you don't know what tomorrow brings <3

## S1: ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK OUT OUT

1-2            RF rock fwd (1), LF recover (2)  
3&4           RF step back (3), LF step together (&), RF step back (4)  
5-6           LF rock back (5), RF recover (6)  
7&8           LF kick fwd (7), LF step L (&), RF step R (8)

## S2: TWIST X3 R+L, SIDE TOGETHER CHASSE

1&2           Twist BH (=both heels) R (1), twist BH L (&), twist BH R (2)  
3&4           Twist BH L (3), twist BH R (&), twist BH L (4)  
5-6           RF step R (5), LF step together (6)  
7&8           RF step R (7), LF step together (&), RF step R (8)

## S3: CROSS ROCK, CHASSE ¼ L, STEP TURN X2, POINT

1-2           LF cross rock over RF (1), RF recover (2)  
3&4           LF step L (3), RF step together (&), turn ¼ L, LF step fwd (4) [9:00]  
5-6           RF step fwd (5), turn ½ L, LF step fwd (6)[3:00]  
7&8           RF step fwd (7), turn ½ L, LF step fwd (&), RF point R (8) [9:00]

## S4: KICK BALL POINT X2, JAZZ BOX

1&2           RF kick fwd (1), RF step together (&), LF point L (2)  
3&4           L kick fwd (3), LF step together (&), RF point R (4)  
5-8           RF cross over LF (5), LF step back (6), turn ¼ R, RF step R (7), LF Cross over RF (8)[12:00]

## S5: TIME STEPS X4 TURNING ½ R

1,2&           RF step R (1), LF step together (2), RF step together (&)  
3,4&           LF step L (3), RF step together (4), LF step together (&)  
5,6&7,8&      Turn ½ R and repeat counts 1-4 [6:00]

## S6: BATUCADAS X5, CLAP X2

1-2           RF press fwd (1), roll hips fwd to back, LF recover (2)  
&3-4           RF step back (&), LF press fwd (3), roll hips fwd to back, RF recover (4)  
&5&6           LF step back (&), RF point fwd (5), RF step back (&), LF point fwd (6)  
&7&8           LF step back (&), RF point fwd (7), clap twice (&8)

## S7: TOE STRUTS X4 TURNING ½ L

1-4           RF toe strut fwd (1-2), turn ¼ L, LF toe strut fwd (3-4) [3:00]  
5-8           RF toe strut fwd (5-6), turn ¼ L, LF toe strut fwd (7-8) [12:00]

## S8: CROSS WALKS X2, CROSS SAMBA X2 TURNING ¼ L

1-4           RF cross over LF (1), hold (2), LF cross over RF (3), hold (4)  
5&6           RF cross over LF (5), LF step L (&), RF step R (6)  
7&8           LF cross over RF (7), turn ¼ L, RF step R (&), LF step L (8) [9:00]

