

# My Head Hurts

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Yvonne van Baalen (NL)  
音樂: My Head Hurts My Feet Stinks And I Don't Love Jesus - Jimmy Buffett



## STEP LOCK STEP, SCUFF, STEP ½ TURN STEP, HOLD AND CLAP

- 1 Right foot step forward
- 2 Left foot cross behind right foot
- 3 Right foot step forward
- 4 Left foot scuff forward
- 5 Left foot step forward
- 6 Turn ½ right
- 7 Left foot step forward
- 8 Hold and clap hands

## SIDE ROCK, CROSS, HOLD, ¼ TURN LEFT TWICE, CROSS, HOLD

- 1 Left foot step to left side
- 2 Recover on right foot
- 3 Left foot cross in front of right foot
- 4 Hold
- 5 Turn ¼ left, right foot step back
- 6 Turn ¼ left, left foot step to left side
- 7 Right foot cross in front of left foot
- 8 Hold

## SIDE STEP, TOUCH, HEEL, TOUCH, SIDE STEP, TOUCH, HEEL, TOGETHER

- 1 Left foot step to left side
- 2 Right foot touch toe beside left foot
- 3 Right foot touch heel forward
- 4 Right foot touch toe beside left foot
- 5 Right foot step toe right side
- 6 Left foot touch toe beside right foot
- 7 Left foot touch heel forward
- 8 Left foot step beside right foot (weight on left foot)

## ¼ TURN LEFT TOE STRUT BACK ON RIGHT AND LEFT, COASTER STEP, HOLD

- 1 Turn ¼ left, right foot step back on toe
- 2 Right foot put heel down
- 3 Left foot step back on toe
- 4 Left foot put heel down
- 5 Right foot step back
- 6 Left foot step beside right foot
- 7 Right foot step forward
- 8 Hold

**REPEAT**

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