

# My Head Is In A Spin

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Val Reeves (UK)  
音樂: Feels Like I'm In Love - Elli Luha



- 1-2            Rock right across left, rock back on left  
3&4           Turning  $\frac{1}{4}$  turn right triple step right, left, right  
5-6           Left rock forward, rock back on right  
7&8           Left coaster step (left step back, right step beside left, left step forward)
- 9-10           Right heel tap forward, hook under left knee  
11&12          Right shuffle forward  
13-14          Left rock forward, right rock back  
15&16          Left step back, lock right across left, left step back
- 17-18          Turning  $\frac{1}{2}$  turn right step onto right, left step forward, pivot turn  $\frac{1}{2}$  turn right  
19            Right step forward  
20&21          Left shuffle forward  
22-23          Right rock forward, left rock back  
&24           Right step back, stomp left forward
- 25-26          Left hip bumps forward twice  
27-28          Right hip bumps back twice  
29-30          Left hip bumps forward twice  
31-32          Bump hips back right then forward left
- 33-34          Right rock forward, left rock back  
35&36          Turn  $\frac{1}{2}$  turn right, triple step (right, left, right)  
37-38          Left step forward, pivot turn  $\frac{1}{4}$  turn right  
39&40          Left shuffle across right
- 41&42          Turning  $\frac{1}{2}$  turn left on right triple step  
43-44          Left rock to left, rock on right  
45&46          Left step behind right, right step right, left step forward  
47&48          Right step behind left, left step left, right step forward
- 49&50          Left step behind right, right step right, left step forward  
51-52          Right step behind left, pivot on ball of right foot turning  $\frac{1}{4}$  right, left step forward  
53&54&          Right heel forward, bring right back, left heel forward, left back  
55&56          Right shuffle across left
- 57&58&          Left heel forward, bring left back, right heel forward, right back  
59&60          Left shuffle across right  
61-62          Rock to right side, rock on left  
63-64          Right step forward, pivot turn  $\frac{1}{2}$  turn left (take weight on left)

**REPEAT**

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