

My Head Is In A Spin

COPPERKNOB
STEP SHEETS

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
