

Out Of My Head (Back In My Bed)

COPPER **KNOB**
BY STEPHEN BATES

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Caz Mawby (UK)
音樂: Out Of My Head - Sharon B



RIGHT SHUFFLE, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE, STEP, PIVOT ¾ TURN LEFT

1&2 Step forward on right, step left next to right, step forward on right
3-4 Step forward on left, pivot ½ turn right
5&6 Step forward on left, step right next to left, step forward on left
7-8 Step forward on right, pivot ¾ turn left

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2 Step right to side, close left together, step right to side
3-4 Rock back on left, recover weight on right
5&6 Step left to side, close right together, step left to side
7-8 Rock back on right, recover weight on left

SIDE BEHIND & CROSS POINT, CROSS POINT, CROSS POINT

1-2 Step right to side, step left behind
&3-4 Step right to side, cross left over right, point right out to side
5-6 Cross right over left, point left out to side
7-8 Cross left over right, point right out to side

JAZZ BOX ½ TURN, RIGHT TOE STRUT, LEFT TOE STRUT

1-4 Cross right over left, step left back making a ¼ turn right, make another ¼ turn right stepping right to side, place left next to right
5-6 Touch right toe forward, drop heel taking weight
7-8 Touch left toe forward, drop heel taking weight

HEEL SWITCHES, STEP PIVOT ¼ TURN, HEEL SWITCHES, STEP PIVOT ¼ TURN

1&2 Touch right heel forward, place right, touch left heel forward
&3-4 Place left, step forward on right, pivot ¼ turn left
5&6 Touch right heel forward, place right, touch left heel forward
&7-8 Place left, step forward on right, pivot ¼ turn left

KICK, KICK, SIDE ROCK, KICK, KICK, SIDE ROCK

1-2 Kick right diagonally forward across left twice
3-4 Rock right out to side, recover weight on left
5-6 Kick right diagonally forward across left twice
7-8 Rock right out to side, recover weight on left

CROSS, SIDE RIGHT, SAILOR STEP, CROSS, SIDE LEFT, SAILOR STEP

1-2 Cross right over left, step left to side
3&4 Cross right behind left, step left to side, step right to place
5-6 Cross left over right, step right to side
7&8 Cross left behind right, step right to side, step left to place

ROCKING CHAIR, STEP PIVOT TWICE (PADDLES)

1-4 Rock forward on right, recover weight back on left, rock back on right, recover weight forward on left
5-8 Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left (weight on left)

REPEAT
