

Out Of My Mind

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK)
音樂: Out of My Mind - Will Young



- 1-2 Walk forward right, then left
3-4 Rock forward on right, recover back onto left
5& Step back right, step left together
6 Make ¼ turn left stepping right to right side
7& Cross left over right, step right to right side
8 Touch left diagonally forward left
- &9-10 Step left beside right, cross right over left, touch left to left side
&11 Step left beside right, touch right to right
&12 Flick right out to right side, touch right forward
13&14 Swivel both heels - out, in, out
&15 Jump feet apart stepping - right then left
&16 Lift heels up and down popping knees forward
- 17-18 Rock to left side on left, recover onto right
19&20 Left sailor ¼ turn left
21-22 Step right forward, hold
&23-24 Step left beside right, step right forward, touch left beside right
- 25 Step left back making ½ turn left
26 Make further ½ turn left stepping right back
27 Make ¼ turn left stepping left to left side
28 Touch right beside left
29 Step right to right side bumping hips right
30 Touch left toe to left side
31&32 Bump hips left twice taking weight over to left

REPEAT

RESTART

On 2nd wall after count 24 (step left in place instead of a touch) start again and enjoy
