

Out Of My Mind

COPPER KNOB
BY STEPHEN

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



2 KICK BALL CHANGES (TRAVELING RIGHT), SIDE STEP, HIP SWAYS, SIDE SHUFFLE

1&2 Kick right forward diagonally, step back on ball of right, cross left over right
3&4 Kick right forward diagonally, step back on ball of right, cross left over right
5-6 Step right to right sway hips right, sway hips left
7&8 Step right to side, bring left next to right, step right to right

MAMBO ¼ TURN, KICK & POINT, KNEE IN & SLOWLY OUT ¼ TURN LEFT, 2 HEEL TAPS

1&2 Rock left over right, recover, step left ¼ turn left
3&4 Kick right forward, step right in place, point left out to side
5 Left knee in towards right
6-7 Roll right knee out (turn body ¼ turn left-6:00)
&8 Tap left heel twice

2 SLOW WALKS RIGHT, LEFT, 2 FAST WALKS RIGHT & LEFT, ¼ TURN LEFT POINTING RIGHT OUT TO SIDE, STEP FORWARD, TAP, ½ TURNING SHUFFLE LEFT

&1-2 Bring left in next to right, step forward right, step forward left
3&4 Step forward right, step forward left, turn ¼ left on ball of left, point right to side
5-6 Step forward right, tap left behind right heel
7&8 Step left ¼ turn left, bring right next to left, step left ¼ turn left. (9:00)

LOW KICK, STEP, TOGETHER RIGHT & LEFT, GRAPEVINE FULL TURN RIGHT

1&2 Flick right out, step to side, touch left next to right
3&4 Flick left out, step to side, touch right next to left
5-8 Step right ¼ turn right, step left ¼ turn right, step right ½ turn right, step left next to right

REPEAT

RESTART

During 2nd wall, restart dance at end of section 3 (facing 6:00)