

Outta My Mind

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Heather Frye (CAN)
音樂: Ooh It's Kinda Crazy - Soul Decision



RIGHT KICK-STEP-FAN-STEP, LEFT KICK-STEP-FAN-STEP, RIGHT KICK FORWARD, STEP BACK, LEFT COASTER STEP

- 1&2& Kick right foot forward (left foot turns slightly to left), step onto ball of right foot slightly in front of left (right extended 3rd position), with knees slightly bent and body facing the left corner fan both heels out, straighten knees and fan both heels back to right extended 3rd position with weight forward on right
- 3&4& Kick left foot forward (right foot turns slightly to right), step onto ball of left foot slightly in front of right (left extended 3rd position), with knees slightly bent and body facing the right corner fan both heels out, straighten knees and fan both heels back to left 3rd position with weight forward on left
- 5-6 Kick right foot forward, step back onto right
- 7&8 Step back left, step back right beside left, step forward onto left

RIGHT ROCK FORWARD AND SIDE, RIGHT BEHIND BALL CROSS, POP LEFT KNEE OUT SNAPPING LEFT FINGERS (TWICE), LEFT SAILOR STEP

- 1&2& Rock forward onto right, recover onto left, rock side right, recover onto left
- 3&4 Cross step right behind left, step side left, cross step right across left
- 5&6& Touch out side left while popping knee in the same direction and snap left fingers, pop knee in toward right leg (feet do not move), press weight side left while popping knee side left and snap left fingers, recover weight onto right
- 7&8 Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side

RIGHT BEHIND BALL STEP (TWICE), CROSS RIGHT OVER LEFT, UNWIND FULL TURN LEFT, SKATE LEFT, RIGHT TRIPLE STEP FORWARD

- 1&2& Step right behind left, step side left on ball of left foot, step right behind left, step side left on ball of left foot
- 3-4 Cross right over left, unwind full turn left (weight is on right)
- Option for those who don't like to turn:**
- 3-4 Cross right over left, touch out side left
- 5-6 Traveling forward left skate step, right skate step
- 7&8 Triple forward left, right, left

RIGHT ROCK FORWARD, RECOVER TURN ½ RIGHT, TURN ½ RIGHT, STEP ¼ RIGHT, TOUCH RIGHT FORWARD, SWEEP ½ TURN LEFT, BUMP LEFT, RIGHT, LEFT

- 1&2 Rock forward onto right, recover onto left, turn ½ right (weight is on right)
- 3-4 Turn ½ right stepping back onto left, turn ¼ right stepping onto right
- Option for those who don't like to turn**
- 1&2-3-4 Rock forward onto right, recover onto left, turn ¼ right stepping onto right, step left beside right, step side right
- 5-6 Touch left foot forward, sweep left foot ½ turn left stepping onto left
- 7&8 Raise right shoulder and bump hips left, raise left shoulder and bump hips right, raise right shoulder and bump hips left (take weight on left)

REPEAT