

# Get Out Of My Mind

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Alexandra Fuller (UK)  
音樂: Young Girl - Ed Cox



## **FORWARD ROCK, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE HALF TURN**

1-2      Rock forward on right, recover back onto left  
3&4      Step back on right, step left beside right, step forward on right  
5-6      Step forward on left, pivot ½ turn right  
7-8      Shuffle forward on left making ½ turn right, stepping left, right, left

## **BACK ROCK, SHUFFLE, CROSS ROCK, CHASSE LEFT**

1-2      Rock back on right, recover forward onto left  
3&4      Step forward on right, close left beside right, step forward on right  
5-6      Cross rock left over right, recover back onto right  
7&8      Step left to left side, close right beside left, step left to left side

## **FULL UNWIND, CHASSE LEFT, BACK ROCK, SHUFFLE ½ TURN**

1-2      Step right behind left, unwind full turn right (weight ends on right foot)  
3&4      Step left to left side, close right beside left, step left to left side  
5-6      Rock back on right, recover forward onto left  
7&8      Shuffle forward on right making ½ turn left, stepping right, left, right

## **BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, SHUFFLE**

1-2      Rock back on left, recover forward onto right  
3&4      Shuffle forward on left making ½ turn right, stepping left, right, left  
5-6      Rock back on right, recover forward onto left  
7&8      Step forward on right, close left beside right, step forward on right

## **STEP, PIVOT ½ TURN, WALKS FORWARD, SIDE ROCK, CROSS SHUFFLE**

1-2      Step forward on left, pivot ½ turn right  
3-4      Walk forward on left, walk forward on right  
5-6      Rock left to left side, recover onto right  
7&8      Cross left over right, step right to right side, cross left over right

## **SIDE ROCK, CROSS SHUFFLE, BACK ROCK, SHUFFLE**

1-2      Rock right to right side, recover onto left  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Rock back on left, recover forward onto right  
7&8      Step forward on left, close right beside left, step forward on left

## **FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE**

1-2      Rock forward on right, recover back onto left  
3&4      Shuffle ½ turn right, stepping right, left, right  
5-6      Walk forward on left, walk forward on right  
7&8      Step forward on left, close right beside left, step forward on left

## **FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE**

1-2      Rock forward on right, recover onto left  
3&4      Shuffle ½ turn right, stepping right, left, right  
5-6      Walk forward on left, walk forward on right

7&8            Step forward on left, close right beside left, step forward on left

**REPEAT**

**TAG**

**After count 48 on wall 2**

1-2            Rock forward on right, recover back onto left making  $\frac{1}{2}$  turn right

3-4            Walk forward on right, walk forward on left

**The  $\frac{1}{2}$  turn leads into the walks**

**Restart dance from beginning at this point. this is now wall 3**

**TAG**

**After count 12 on wall 5**

1-2            Step forward on left, pivot  $\frac{1}{2}$  turn right

3&4            Shuffle forward on left, stepping left, right, left

**Restart dance from beginning at this point. This is now wall 6**

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