

# Out Of My Mind

**COPPER KNOB**  
STEPSHEETS

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Theresa Needham (UK) - May 2008  
音樂: Off My Rocker - Billy Currington : (CD: Billy Currington)



Dance rotates CCW - 32 count intro.

## WALK, WALK, SIDE MAMBO R, WALK, WALK, SIDE MAMBO L

1 - 2                      Walk forward R, Walk forward L  
3 & 4                      Rock R to R side, recover onto L, Step R next to L  
5 - 6                      Walk forward L, Walk forward R  
7 & 8                      Rock L to L side, recover onto R, Step L next to R

## FORWARD ROCK SHUFFLE ½ R, WALK, WALK, L SAILOR STEP

1 - 2                      Rock forward onto R, recover onto L  
3 & 4                      Shuffle ½ turn R, (RLR) 6-00  
5 - 6                      Walk L, Walk R  
7 & 8                      Step L behind R, Step R to R side, Step L to L side

## TOUCH BACK, ¼ TURN R, BEHIND SIDE CROSS, SIDE ROCK CROSS SHUFFLE

1 - 2                      Touch R toe back, Make ¼ turn R, (weight on R) 9-00  
3 & 4                      Step L behind R, Step R to R side, Cross L over R  
5 - 6                      Rock R to R side, recover onto L  
7 & 8                      Cross R over L, Step L to L side, Cross R over L

## ¼ R, SIDE, CROSS SHUFFLE, LUNGE RECOVER COASTER CROSS

1 - 2                      Make ¼ turn R stepping back on L, Step R to R side 12-00  
3 & 4                      Cross L over R, Step R to R side, Cross L over R  
5 - 6                      Lunge to R diagonal, recover onto L  
7 & 8                      Step back on R, Step back on L, Cross R over L

## LUNGE, RECOVER, BEHIND ¼ R, STEP, ROCKING CHAIR

1 - 2                      Lunge to L diagonal, recover onto R  
3 & 4                      Step L behind R, ¼ turn R stepping forward on R, Step forward L 3-00  
5 - 6 - 7 - 8              Rock forward on R, recover onto L, Rock back on R, recover onto L

## STEP PIVOT ½ L, SHUFFLE FORWARD R, ROCK RECOVER, TRIPLE FULL TURN L

1 - 2                      Step forward on R, Pivot ½ turn L 9-00  
3 & 4                      Step forward on R, Step L next to R, Step forward on R  
5 - 6                      Rock forward on L, recover onto R  
7 & 8                      Triple full turn L, (LRL) (Option for 7 & 8, Left coaster step)