

# Out Of Our Heads

拍數: 0      牆數: 0  
編舞者: Michael Barr (USA) - May 2008  
音樂: Out of Our Heads - Sheryl Crow

級數: Phrased Intermediate



Lead: 16 counts.

## (1 – 8) Walk, Walk, Walk, Out Out – 2 Sailor Steps

1,2,3,&4      Step forward – R,L,R (&) Step L out - side left; Step R out - side right (wt. right)  
5&6-7&8      Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead

**Note: The sailor steps in this section and the next move slightly backwards in direction**

## (9 – 16) 2 Sailor Steps – Syncopated Vine Right

1&2-3&4      Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead  
5 & 6      Step L foot behind right; Step R foot side right; Step L foot in front of right  
&7&8      Step R side right; Step L behind right; Step R side right; Step L in front of right

## (17 – 24) Rock, 1/4 Pivot Left, Kick Ball Point – & Point & Point & Kick Ball Forward

1,2      Step Right side right; Turn ¼ left onto L foot in place  
3&4      Kick R forward; Step R in place; Touch L side left Facing 9 o'clock  
&5&6&      Step L next to right; Touch R side right; Step R next to left; Touch L side left; Step L next to right  
7 & 8      Kick R forward; Step onto ball of R; Step L forward

## (25 – 32) Step ¼ Side Point, Step Side Point – Step Side Point, Kick Ball Change

1 - 4      Step R forward; Turn ¼ right, touch L side left; Step L forward; Touch R side right Facing 12 o'clock  
5,6,7&8      Step R forward; Touch L side left; Kick L forward; Step onto ball of L; Step R in place

## (33 – 40) Rock Return Triple 1/2 Turn Left – Twinkle Forward - 2 Times

**Note: The next 8 counts are basically done 4 times in all. The triple steps for 5&6 and 7&8 are similar in form (not rhythm) to twinkles in a waltz.**

1 - 2      Rock forward onto L foot; Return weight onto R foot in place (looking over left shoulder)  
3 & 4      Turn ¼ left stepping L foot side left; Step R foot next to left; Turn ¼ left stepping L foot forward Facing 6 o'clock  
5 & 6      Step R forward to left diagonal; Step ball of L next to right; Step ball of R next to left facing right diagonal  
7 & 8      Step L forward to the right diagonal; Step ball of R next to left; Step L next to right facing left diagonal

## (41 – 48) Rock Return Triple 1/2 Turn Right – Twinkle Forward - 2 Times

1 - 2      Rock forward onto R foot; Return weight onto L foot in place (looking over right shoulder)  
3 & 4      Turn ¼ right stepping R side right; Step L next to right; Turn ¼ right stepping R forward Facing 12 o'clock  
5 & 6      Step L forward to the right diagonal; Step ball of R next to left; Step ball of Left next to right facing left diagonal  
7 & 8      Step R forward to left diagonal; Step ball of L next to right; Step R next to left facing right diagonal

## (49 – 56) Rock Return Triple 3/4 Turn Left – Twinkle Forward - 2 Times

1 - 2      Rock forward onto L foot; Return weight onto R foot in place (looking over left shoulder)

- 3 & 4 Turn ½ left stepping onto L; Step R foot next to left; Turn ¼ left stepping L foot forward  
Facing 3 o'clock
- 5 & 6 Step R forward to left diagonal; Step ball of L next to right; Step ball of R next to left facing  
right diagonal
- 7 & 8 Step L forward to the right diagonal; Step ball of R next to left; Step Left next to right facing  
left diagonal

**(57 – 64) Rock Return Triple 1/2 Turn Right – Twinkle Forward - 2 Times**

- 1 - 2 Rock forward onto R foot; Return weight onto L foot in place (looking over right shoulder)
- 3 & 4 Turn ¼ right stepping R side right; Step L next to right; Turn ¼ right stepping R forward  
Facing 9 o'clock
- 5 & 6 Step L forward to the right diagonal; Step ball of R next to left; Step ball of L next to right  
facing left diagonal
- 7 & 8 Step R forward to left diagonal; Step ball of L next to right; Step R next to left (square up on 9  
o'clock wall)

**(64 – 68) 7 Small Steps Forward Starting With The Left Ending With The Left**

- 5&6&7&8 Step L,R,L,R,L,R,L Do these 7 steps on the balls of the feet. Come up on counts 5 & 6 & then  
come down on 7 & 8

**BEGIN AGAIN!!! Please see restarts and tags on next page**

**Tags and Restarts:**

- The added “&” counts on walls 2, 4, and 5 are technically tags since they are added to the choreography.
- The TAG on wall 4 asks you to do the FIRST 12 counts of the dance, drop the syncopated vine and add two more sailor steps in it's place, do the “&” count and restart the dance.
- Wall 5 you drop the last 4 counts then do the “&” count tag to start the dance.
- And lastly, wall 6 asks you to do the last 4 counts with a ½ turn to face the front and a “TA DA” for and ending.

This is all written out below.

**Dance flows in a counterclockwise direction:**

**Wall 2 - Starts on the 9 o'clock wall and restarts on the 9 o'clock wall with the tag (still wall 2):**

**(1 – 48) Finish 48 counts of wall 2. You will be on your Right foot**

**TAG: “&” STEP**

& Step onto ball of L in place (restart wall 2 again)

**Wall 4 – Starts on the 3 o'clock wall and restarts on the 3 o'clock wall with the tag (still wall 4):**

**Dance the first 12 counts of the dance:**

**(1 – 8) WALK, WALK, WALK, OUT OUT – 2 SAILOR STEPS (same as original steps)**

1,2,3,&4 Step R forward; Step L forward; Step R forward; (&) Step L side left; Step R side right

5&6-7&8 Step L foot behind right; Step R foot side right; Step L foot center or home:

**Repeat Sailor with Right foot lead**

**(9 – 12) 2 SAILOR STEPS**

1&2-3&4 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right  
foot lead

**TAG: 2 SAILOR STEPS – “&” STEP**

5&6-7&8 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right  
foot lead

& Step onto ball of L next to right (restart wall 4 again)

**Wall 5 - Starts on the 12 o'clock wall and drops the last 4 counts (you will be facing the 9 o'clock wall)**  
**Note: Finish up to count 64. Drop counts 65-68 – the 7 small steps forward. Your weight will be on your Right**  
**TAG: "&" STEP**

**&** Step onto ball of L in place (restart the dance - wall 6)

**Wall 6 Ending!!! Starts on the 9 o'clock wall and ends on the 12 o'clock wall.**

**Do all 68 counts of the dance and on the last 4 counts start a ½ turn left to face the front and add the TA DA (65 – 68) 7 SMALL STEPS MAKING A 1/2 TURN LEFT**

**5&6&7&8** Step L forward and start to make a ½ turn left continuing with R,L,R,L,R,L

**Do these 7 steps on the balls of the feet. Come up on counts 5 & 6 & then come down on 7 & 8**

**TA DA: STEP TOUCH**

**& 1** Step the R forward; Touch the L behind and side right with arms out stretched with palms facing forward

**Congratulations! I want to really thank you giving this a chance. I would dare say this has been a mind bending experience. I do hope it's been a good one. Call or email me any time for any clarifications. MB**

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