

In My Head

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Andy Williams (USA) - August 2008
音樂: In My Head - Julianne Hough : (CD: Dancing with the Stars)



Intro: 16 count intro, start on vocals.

Step Side, Rock Back, Recover, Shuffle 1/4, Rock, Recover, Coaster Step

1-3 Step left to side, rock back right, recover to left.
4&5 Turning 1/4 right, step right forward, step left behind right, step right forward
6-7 Rock left forward, recover to right.
8&1 Step left back, step right next to left, step left forward.

Walk, Walk, Lift Knee, Turn 1/4, Cross Shuffle, Side Rock, Recover

2-3 Walk right, walk left.
4 Lift right knee as you turn 1/4 left (make the 1/4 turn sweeping motion with knee lifted.)
5&6 Cross right over left, step left next to right, cross right over left.
7-8 Rock left to side, recover to right.

Make 1/2 Turn Sailor, Shuffle, Kick And Point X 2

1&2 Turni ng 1/4 left, step left back, turning ¼ left, step right in place, step left forward.
3&4 Step right forward, step left behind right, step right forward.
5&6 Kick left forward, step down on left, point right to side.
7&8 Kick right forward, step down on right, point left to side.

Rock, Recover, 3/4 Turn, Rock Side, Recover, Behind, Side, Cross

1-2 Rock left forward, recover to right.
3&4 Turning 3/4 left, step forward left, step right behind left, step left forward.
5-6 Rock right to side, recover to left.
7&8 Step right behind left, step left to side, step right across left.

Note: Dancers Song Will End While Doing The First Set Of 8. Rock, Recover, Do A ¼ Left Coaster Turn And Pose.

End Of Dance No Tags, Restarts Hope You Enjoy!!! Remember There's Always Time To Dance
