

In My Head

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shaz Walton (UK) - May 2010
音樂: In My Head - Jason Derulo



Press. ¼ . Rock. Recover. Ball cross. Side. Rock. Recover. Shuffle ¼ left.

1-2 Press forward on left foot. Push back off right foot as you make ¼ left.
3-4 Rock left to left side. Recover on right (use hips)
&5-6-7 Step left beside right. Cross right over left. Rock left to left. Rock right to right.
8&1 Step left ¼ left. Step right beside left. Step left forward.

½ . ¼ . Rock. Recover. Side brush. Lunge. Heel drag. Behind. ¼ forward.

2-3 Make a sharp ½ turn right dropping weight onto right. Step left ¼ right.
4&5 Cross rock right behind left. Recover on left. Brush right foot to right side, extending right leg. (3.00)
6-7 Lunge/press over right foot. Push back on left dragging right heel towards left. (3.00)
8&1 Cross step right behind left. Make ¼ left stepping left forward. Step right forward. (12.00)

Push. Back/kick. Coaster side. Touch. Side. Sailor ¼

2-3 Step/push forward on left. Step back right as you low kick left forward.
4&5 Step back on left. Step back right. Step left to left side.
6-7 Touch right beside left. Step right to right.
8&1 Sailor ¼ left ending with left stepped to left side

Touch. Ball. Side. Touch. Ball. Forward. Touch. Step. Back. Coaster ¼ with flick

2&3 Touch right beside left. Step right beside left. Make a big step to left with left foot.
4&5 Touch right beside left. Step right beside left. Make a big step forward with left foot.
6&7 Touch right beside left. Step right beside left. Make a big step back with left.
8&1 Make ¼ right stepping right back. Step left back. Step right forward as you flick left back.

¼ hitch. Side. Sailor step. Sailor ¼. Full triple right.

2-3 Hitch left up as you make ¼ right on ball of right. Step left to left.
4&5 Cross right behind left. Step left to left. Step right to right.
6&7 Sailor ¼ left.
8&1 Make a full triple right stepping R-L-R (or coaster step)

Out. Out. Touch ball cross. Sweep/sit. Kick ball rock.

2-3 Step left to left side. Step right to right side (use hips)
4&5 Touch left beside right. Step left beside right. Cross step right over left.
6-7 Sweep left from back to front & sit over right hip.
8&1 Kick left forward. Step left beside right. (* restart here- wall 2- see note below) Rock forward on right.

Recover. Step. Rock. Recover. Step. Switch & switch. Hitch ¼. Rock. Recover. Cross.

2&3 Recover on left. Step right beside left. Rock forward left.
4&5 Recover on right. Step left beside right. Point right to right side.
&6 Step right beside left. Point left to left side.
7 make ¼ left as you hitch left up.
8&1 Rock left to left. Recover on right. Cross step left over right.

Unwind. Step back. Coaster step. Forward. Hitch. Rock back. Recover (press)

2-3 Unwind ¾ right. Step right back.

4&5 Step back left. Step back right. Step forward left.
6-7 Take a big step forward on right. Hitch left up.
8&1 Rock back on left. Recover on right. (Press forward left to begin again)

Restart- wall 2- facing the back.

Dance the following-

Out. Out. Touch ball cross. Sweep/sit. Kick. Touch (press)

2-3 Step left to left side. Step right to right side (use hips)
4&5 Touch left beside right. Step left beside right. Cross step right over left.
6-7 Sweep left from back to front & sit over right hip.
8&(1) Kick left forward. Touch left beside right . Press forward on left foot – to begin the dance again

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