

In My Head

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ann-Kristin Sandberg (NOR) - March 2013
音樂: In My Head - Madcon : (iTunes)



Start dancing after 32 counts (16 sec)

Rock step-Ankle steps-Rock step-Step-Touch

1-2 Rock right foot to right side, Recover onto left
3&4 Step right foot behind left, Recover onto left, Step right foot back
5-6 Step left foot back, Recover onto right
7-8 Take a long step forward on left, Touch right toe next to left

Step-1/2 turn-Step-1/2 turn-Step-1/4 turn-Cross-Touch-Touch

1-2 Step right foot forward, Make ½ turn left stepping left foot forward (6.00)
3-4 Step right foot forward, Make ½ turn right stepping left foot back
5-6 Make ¼ turn right stepping right to right side (3.00), Cross left in front of right
7-8 Touch right toe to right side, Touch right toe next to left

Kick-Step-Touch-Kick-Step-Touch-Step x 2-Rock step

1&2 Kick right foot forward, Step right next to left, Touch left toe to left side (3.00)
3&4 Kick left foot forward, Step left next to right, Touch right toe to right side
5-6 Step back on right, Step back on left
7-8 Step right foot back, Recover onto left

Step-1/4 turn-Step-Rock step-Step-Touch-Step-Touch

1-2 Step right forward, Make ¼ turn left stepping left to left side (12.00)
3-4 Rock right foot forward, Recover onto left
5-6 Step back on right, Touch left toe next to right
7-8 Step forward on left, Touch right toe next to left

Step-Hold-Step-Step-Touch-Step-Hold-Step-Step-Touch

1-2& Step right foot forward, Hold, Step left next to right (12.00)
3-4 Step right foot forward, Touch left next to right
5-6& Step left foot to left side, Hold, Step right next to left
7-8 Step left foot to left side, Touch right next to left

¼ turn-1/2 turn-1/2 turn-Rock step-Rock step

1-2 ¼ turn right stepping right foot forward (3.00) ½ turn right stepping left foot back
3-4 ½ turn right stepping right foot forward, Touch left next to right (3.00)
5-6 Step forward on left, Recover onto right
7-8 Step back on left, Recover onto right

Shuffle-Rock step-1/4 turn-Chasse-Step-Touch

1&2 Step forward on left, Step right next to left, Step forward on left
3-4 Step forward on right, Recover onto left
5&6 Make ¼ turn right stepping right to right side (6.00) Step left next to right, Step right to right side
7-8 Take a long step forward on left, Touch right next to left

Dorothy steps x 2 –Jazz Box-Step

1-2& Step right foot diagonal forward (1.30) Step left behind right, Step right foot forward
3-4& Step left foot diagonal forward (10.30) Step right behind left, Step left foot forward

5-6 Cross right foot in front of left, Step back on left
7-8 Step right foot to right side, Step left foot forward.

RESTARTS:-

After 32 counts on wall 1 facing 12.00

After 32 counts on wall 3 facing 12.00

After 32 counts on wall 8 facing 06.00

ENJOY & HAPPY DANCING.

Contact: anne88@online.no
