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| Stuck In My Head |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Daniel Trepat (NL) & Rebecca Lee (MY) - April 2017 |
| **Music:** | Outta My Head - OG3NE |
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**Start dance after 16 counts**

**SIDE STEP WITH TOUCH X2 , ROCKING CHAIR, SCUFF, OUT OUT**

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| 1 | Big step R to R side (push both hand to L with R bend near to chest, L straighten to L side) |

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| 2 | Touch L next to R (bring both hand up to 90’ like muscle man) |

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| 3 | Big step L to L side (push both hand to R with L bend near to chest, R straighten to R side) |

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| 4 | Touch R next to L (bring both hand up to 90’ like muscle man) |

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| 5&6& | Rock R forward, Recover L, Rock R back, Recover L |

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| 7&8 | Scuff R, Step R to R, Step L to L |

**(Place both hand on the head like having headache)**

**TWIST R, ¼ TURN BALL-STEP, ROCK ½ TURN, ¼ TURN DIP, ½ TURN STEP**

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| 1 | Twist R toe out to R while Twist L heel out to L (hand open to side as you twist) |

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| 2 | Recover L heel and R toe (place the hand back to the head) Weight ends on L |

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| &3,4 | Step R next to L, ¼ turn L Step L forward, Step R forward |

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| 5&6 | Rock L forward, Recover R, ½ turn L Step L forward |

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| 7 | ¼ turn L step R to R side (with knee bent look like squat/plie position) |

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| 8 | ½ turn L step L to L as you straighten the knee |

**CROSS ROCK X2, HEEL SWIVEL X2, JUMP , BODY ROLL**

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| 1&2 | Cross Rock R over L, Recover L, Step R to R |

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| 3&4 | Cross Rock L over R, Recover R, Step L to L |

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| &5&6 | Swivel R heel in, Recover R heel in place, Swivel L heel in, Recover L heel in place |

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| 7,8 | Jump feet together with bend knees, reverse body roll (Roll up) |

**STEP ¼ TURN L PIVOT, HEEL SWIVEL, BALL-CROSS, KNEE POP, DRAG, HITCH**

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| --- | --- |
| 1&2 | Step R forward, 1/4 turn L Swivel L heel to R, Swivel R heel to R |

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| &3,4 | Step L next to R, Cross R over L, Step R forward diagonally L |

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| 5,6 | Pop R knee forward, Pop L knee forward |

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| 7,8 | Drag R toward L, Hitch R knee |

**TAG: (after Wall 3 (9’00)**

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| --- | --- |
| 1,2 | Step R to R, Touch L next to R (place both hand on the head like headache) |

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| 3,4 | ¼ turn L with toe step R,L while knee knockx2 (out,in) |

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| 5,6 | ¼ turn L Step R to R, Touch L next to R |

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| --- | --- |
| 7,8 | ¼ turn L with toe step R,L while knee knockx2 ( out,in) (3.00) |

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