Out Of Our Heads

Count: 0 **Wall:** 0 **Level:** Phrased Intermediate
Choreographer: Michael Barr (USA) - May 2008
Music: Out of Our Heads - Sheryl Crow

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
