

# Stuck Inside Your Head

**COPPER** KNOB  
STEP SHEETS

Count: 32

Wall: 0

Level: Beginner

Choreographer: Raquel Reynolds (USA) - June 2025

Music: Catchy Song (feat. T-Pain & That Girl Lay Lay) - Dillon Francis



**\*\*2 Restarts on Wall 4 and 8 after 16 counts**

**Starts after 16 counts**

**(1-8) Fwd, Fwd, Rt Lock Step, ¼ Rt Pivot, ½ Weave**

12 Step RF Diagonally Fwd, Close LF to RF  
3&4 Step RF Diagonally Fwd, Cross LF Behind RF, Step RF Diagonally Fwd  
56 Step LF Fwd, Turning ¼ RT Step RF Side  
78 Cross LF over RF, Step RF Side

**(9-16) Finish Weave, RF Fwd Rock Recover, LF Back, ½ Turn L Recover to RF, L Coaster**

12 Cross LF Behind RF, Step RF Side  
34 Step LF Fwd, Recover to RF  
56 Step LF Back, Turning ½ Turn L Recover to RF  
7&8 Step LF Back, Close RF to LF, Step LF Fwd

**\*\*\* RESTART here on Walls 4 and 8!!\*\*\***

**(17-24) R Chug, L Chug, RF Mambo, 4 Jump Taps Back**

12 Step RF While Tapping L Toe next to RF, Step LF While Tapping R Toe to LF  
3&4 Step RF Fwd, Recover to LF, Step RF Back  
&5&6 Hop Back on LF w/ RF Toe Next to LF, Hop Back on RF w/L Toe Next To RF  
&7&8 Hop Back on LF w/ RF Toe Next to LF, Hop Back on RF w/L Toe Next To RF

**(25-32) LF Fwd Knee Pops w/1/4 Turn RT, LF Fwd Knee Pops w/1/4 Turn RT**

1234 Step LF Fwd, Pop Knees 3 Times while Turning ¼ Right  
5678 Step LF Fwd, Pop Knees 3 Times while Turning ¼ Right

EMAIL: [Dancewithraquel@gmail.com](mailto:Dancewithraquel@gmail.com)

Tel - 919-604-3947

[www.dancewithraquel.com](http://www.dancewithraquel.com)