

Stuck In My Head

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver Country
编舞者: Saku Tonteri (FIN) & Shane McKeever (N.IRE) - January 2017
音乐: Stuck in My Head - Craig Wayne Boyd : (3:10)



Sequence: A, A + extension, A, A + extension, A, A, A, A

A part (1st wall starts from 5th eight approx.. 17sec)

[1-9] SIDE(1), CROSS(2), RECOVER(3), ¼ TURNING CHA-CHA(4&5), STEP(6), ½ TURN(7), CHA-CHA(8&1)

1,2,3 Step R to right, Step L across R, Change weight from L to R,
4&5 Step L to left, Step R together L, Turn ¼ left and step L forward,
6,7 Step R forward, Turn ½ left (weight on R)
8&1 Step L forward, Lock R behind L, Step L forward

[10-16] STEP LOCK(2), CHA-CHA(3&4), CROSS OVER(5), SIDE(&) 1/8 BACK(6), BACK(7), 3/8 TURN(&), ¼ TURN(8)

2,3&4 Lock R behind L, Step L forward, Lock R behind L, Step L forward,
5&6 Step R across L, Step L to left, Turn 1/8 right and step R backward,
7&8 Step L backward, Turn 3/8 right and step R to right, Turn ¼ right and step L forward

[17-24] HIP SWINGS(1-4)*, CROSS OVER(5), SIDE(&), CROSS BEHIND(6), SIDE SLIDE(7), TOUCH TOGETHER(8)

1-4 Step R to right(1) and rotate your hips while transferring your weight alternately from R to L(2), L to R(3) and R to L(4) *
5&6 Step R across L, Step L to left, Step R behind L,
7,8 Step L to left, Touch R together L

***Styling for hip swings: The music is giving reference with harder beats and repeating word Bang in chorus, where you may add your head swing from side to side on these references.**

This happens A, A* + extension, A, A* + extension, A, A*, A*, A

[25-32] STEP(1), ¼ TURN WEIGHT CHANGE(2), REVERSE(3), STEP(4), ¼ TURN WEIGHT CHANGE(5), REVERSE ½ TURN WEIGHT CHANGE(6-8)

1,2,3 Step R forward, Turn ¼ left and change weight to L, Full reverse to R,
4,5 Step L forward, Turn ¼ right and change weight to R,
6-8 Turn ½ left by changing weight to L and same time sweep your R around to touch together L

Extension

[33-40] SIDE(1), CROSS(2), RECOVER WITH SWEEP(3), ROCK RECOVER(4&), SIDE(5), CHA-CHA IN PLACE (6&), SIDE(7), CHA-CHA IN PLACE(8&)

1,2,3 Step R to right, Step L across R, Change weight from L to R and sweep L around to behind R,
4&5 Step L behind R, Change weight to R, Step L to left,
6&7 Step R together L, Change weight to L, Step R to right,
8& Step L together R, Change weight to R

[41-48] SIDE(1), CROSS(2), RECOVER(3), BACK CHA-CHA(4&5), BACK ROCK(6,7) STEP(8)

1,2,3 Step L to left, Step R across L, Change weight to L,
4&5 Step R backward, Lock L in front R, Step R backward,
6,7,8 Step L backward, Change weight to R, Step L forward

Get yourself on floor and feel it!

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