

# Out Of My Head (Back In My Bed)

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Caz Mawby (UK)  
音乐: Out Of My Head - Sharon B



## RIGHT SHUFFLE, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE, STEP, PIVOT ¾ TURN LEFT

1&2      Step forward on right, step left next to right, step forward on right  
3-4      Step forward on left, pivot ½ turn right  
5&6      Step forward on left, step right next to left, step forward on left  
7-8      Step forward on right, pivot ¾ turn left

## CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2      Step right to side, close left together, step right to side  
3-4      Rock back on left, recover weight on right  
5&6      Step left to side, close right together, step left to side  
7-8      Rock back on right, recover weight on left

## SIDE BEHIND & CROSS POINT, CROSS POINT, CROSS POINT

1-2      Step right to side, step left behind  
&3-4      Step right to side, cross left over right, point right out to side  
5-6      Cross right over left, point left out to side  
7-8      Cross left over right, point right out to side

## JAZZ BOX ½ TURN, RIGHT TOE STRUT, LEFT TOE STRUT

1-4      Cross right over left, step left back making a ¼ turn right, make another ¼ turn right stepping right to side, place left next to right  
5-6      Touch right toe forward, drop heel taking weight  
7-8      Touch left toe forward, drop heel taking weight

## HEEL SWITCHES, STEP PIVOT ¼ TURN, HEEL SWITCHES, STEP PIVOT ¼ TURN

1&2      Touch right heel forward, place right, touch left heel forward  
&3-4      Place left, step forward on right, pivot ¼ turn left  
5&6      Touch right heel forward, place right, touch left heel forward  
&7-8      Place left, step forward on right, pivot ¼ turn left

## KICK, KICK, SIDE ROCK, KICK, KICK, SIDE ROCK

1-2      Kick right diagonally forward across left twice  
3-4      Rock right out to side, recover weight on left  
5-6      Kick right diagonally forward across left twice  
7-8      Rock right out to side, recover weight on left

## CROSS, SIDE RIGHT, SAILOR STEP, CROSS, SIDE LEFT, SAILOR STEP

1-2      Cross right over left, step left to side  
3&4      Cross right behind left, step left to side, step right to place  
5-6      Cross left over right, step right to side  
7&8      Cross left behind right, step right to side, step left to place

## ROCKING CHAIR, STEP PIVOT TWICE (PADDLES)

1-4      Rock forward on right, recover weight back on left, rock back on right, recover weight forward on left  
5-8      Step forward on right, pivot ¼ turn left, step forward on right, pivot ¼ turn left (weight on left)

REPEAT

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