

Get Out Of My Mind

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Alexandra Fuller (UK)
音乐: Young Girl - Ed Cox

墙数: 2

级数: Intermediate



FORWARD ROCK, COASTER STEP, STEP, PIVOT ½ TURN, SHUFFLE HALF TURN

- 1-2 Rock forward on right, recover back onto left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Shuffle forward on left making ½ turn right, stepping left, right, left

BACK ROCK, SHUFFLE, CROSS ROCK, CHASSE LEFT

- 1-2 Rock back on right, recover forward onto left
- 3&4 Step forward on right, close left beside right, step forward on right
- 5-6 Cross rock left over right, recover back onto right
- 7&8 Step left to left side, close right beside left, step left to left side

FULL UNWIND, CHASSE LEFT, BACK ROCK, SHUFFLE ½ TURN

- 1-2 Step right behind left, unwind full turn right (weight ends on right foot)
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Rock back on right, recover forward onto left
- 7&8 Shuffle forward on right making ½ turn left, stepping right, left, right

BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, SHUFFLE

- 1-2 Rock back on left, recover forward onto right
- 3&4 Shuffle forward on left making ½ turn right, stepping left, right, left
- 5-6 Rock back on right, recover forward onto left
- 7&8 Step forward on right, close left beside right, step forward on right

STEP, PIVOT ½ TURN, WALKS FORWARD, SIDE ROCK, CROSS SHUFFLE

- 1-2 Step forward on left, pivot ½ turn right
- 3-4 Walk forward on left, walk forward on right
- 5-6 Rock left to left side, recover onto right
- 7&8 Cross left over right, step right to right side, cross left over right

SIDE ROCK, CROSS SHUFFLE, BACK ROCK, SHUFFLE

- 1-2 Rock right to right side, recover onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock back on left, recover forward onto right
- 7&8 Step forward on left, close right beside left, step forward on left

FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE

- 1-2 Rock forward on right, recover back onto left
- 3&4 Shuffle ½ turn right, stepping right, left, right
- 5-6 Walk forward on left, walk forward on right
- 7&8 Step forward on left, close right beside left, step forward on left

FORWARD ROCK, SHUFFLE ½ TURN, WALKS FORWARD, SHUFFLE

- 1-2 Rock forward on right, recover onto left
- 3&4 Shuffle ½ turn right, stepping right, left, right
- 5-6 Walk forward on left, walk forward on right

7&8

Step forward on left, close right beside left, step forward on left

REPEAT

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After count 48 on wall 2

1-2 Rock forward on right, recover back onto left making $\frac{1}{2}$ turn right

3-4 Walk forward on right, walk forward on left

The $\frac{1}{2}$ turn leads into the walks

Restart dance from beginning at this point. this is now wall 3

TAG

After count 12 on wall 5

1-2 Step forward on left, pivot $\frac{1}{2}$ turn right

3&4 Shuffle forward on left, stepping left, right, left

Restart dance from beginning at this point. This is now wall 6
