

# Stuck In My Head

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Daniel Trepát (NL) & Rebecca Lee (MY) - April 2017  
音樂: Outta My Head - OG3NE



Start dance after 16 counts

## **SIDE STEP WITH TOUCH X2 , ROCKING CHAIR, SCUFF, OUT OUT**

- 1 Big step R to R side (push both hand to L with R bend near to chest, L straighten to L side)
  - 2 Touch L next to R (bring both hand up to 90° like muscle man)
  - 3 Big step L to L side (push both hand to R with L bend near to chest, R straighten to R side)
  - 4 Touch R next to L (bring both hand up to 90° like muscle man)
  - 5&6& Rock R forward, Recover L, Rock R back, Recover L
  - 7&8 Scuff R, Step R to R, Step L to L
- (Place both hand on the head like having headache)

## **TWIST R, ¼ TURN BALL-STEP, ROCK ½ TURN, ¼ TURN DIP, ½ TURN STEP**

- 1 Twist R toe out to R while Twist L heel out to L (hand open to side as you twist)
- 2 Recover L heel and R toe (place the hand back to the head) Weight ends on L
- &3,4 Step R next to L, ¼ turn L Step L forward, Step R forward
- 5&6 Rock L forward, Recover R, ½ turn L Step L forward
- 7 ¼ turn L step R to R side (with knee bent look like squat/plie position)
- 8 ½ turn L step L to L as you straighten the knee

## **CROSS ROCK X2, HEEL SWIVEL X2, JUMP , BODY ROLL**

- 1&2 Cross Rock R over L, Recover L, Step R to R
- 3&4 Cross Rock L over R, Recover R, Step L to L
- &5&6 Swivel R heel in, Recover R heel in place, Swivel L heel in, Recover L heel in place
- 7,8 Jump feet together with bend knees, reverse body roll (Roll up)

## **STEP ¼ TURN L PIVOT, HEEL SWIVEL, BALL-CROSS, KNEE POP, DRAG, HITCH**

- 1&2 Step R forward, 1/4 turn L Swivel L heel to R, Swivel R heel to R
- &3,4 Step L next to R, Cross R over L, Step R forward diagonally L
- 5,6 Pop R knee forward, Pop L knee forward
- 7,8 Drag R toward L, Hitch R knee

## **TAG: (after Wall 3 (9'00))**

- 1,2 Step R to R, Touch L next to R (place both hand on the head like headache)
- 3,4 ¼ turn L with toe step R,L while knee knockx2 (out,in)
- 5,6 ¼ turn L Step R to R, Touch L next to R
- 7,8 ¼ turn L with toe step R,L while knee knockx2 ( out,in) (3.00)

Daniel Trepát – [info@danieltrepat.com](mailto:info@danieltrepat.com)  
Rebecca Lee- [rebecca\\_jazz@yahoo.com](mailto:rebecca_jazz@yahoo.com)