

# OUT OF MY HEAD (BACK IN MY BED)

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Caz Mawby

**Music:** Out Of My Head by Sharon B

## RIGHT SHUFFLE, STEP, PIVOT $\frac{1}{2}$ TURN RIGHT, LEFT SHUFFLE, STEP, PIVOT $\frac{3}{4}$ TURN LEFT

**1&2** Step forward on right, step left next to right, step forward on right

**3-4** Step forward on left, pivot  $\frac{1}{2}$  turn right

**5&6** Step forward on left, step right next to left, step forward on left

**7-8** Step forward on right, pivot  $\frac{3}{4}$  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 $\frac{1}{2}$ TURN, RIGHT TOE STRUT, LEFT TOE STRUT

**1-4** Cross right over left, step left back making a  $\frac{1}{4}$  turn right, make another  $\frac{1}{4}$  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 $\frac{1}{4}$ TURN, HEEL SWITCHES, STEP PIVOT $\frac{1}{4}$ TURN

**1&2** Touch right heel forward, place right, touch left heel forward

- &3-4** Place left, step forward on right, pivot  $\frac{1}{4}$  turn left
- 5&6** Touch right heel forward, place right, touch left heel forward
- &7-8** Place left, step forward on right, pivot  $\frac{1}{4}$  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  $\frac{1}{4}$  turn left, step forward on right, pivot  $\frac{1}{4}$  turn left (weight on left)

### **REPEAT**