

# State of My Head

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**Count:** 40                      **Wall:** 4                      **Level:** Novice

**Choreographer:** Kerly Luige (February 26, 2017)

**Music:** State of My Head by Shinedown (Album: Threat to Survival)

**Start with the lyrics „It’s been a long bumpy ride“**

**S1: Side, pause, weave, side-rock-cross, rock-step-1/2 turn**

- 1, 2**            Step a long step to right with R, pause
- 3&4**            Step L behind R, step R to right side, step L across R
- 5&6**            Rock R to right side, recover weight on L, cross R over L
- 7&8**            Rock L forward, recover weight on R, step L forward making a 1/2 turn to left (ending at 6 o’clock)

**S2: Rock-step-1/2 turn, pivot-turn 1/2 -step, side rocks right-left-right, weave**

- 1&2**            Rock R forward, recover weight on L, step R forward making a 1/2 turn to right
- 3&4**            Step L forward, make a 1/2 turn transferring your weight to R foot, step L forward (ending at 6 o’clock)
- 5&6**            Rock R to right side, rock L to left side, rock R to right side
- 7&8**            Step L behind R, step R to right side, step L across R

**Option: it is recommended that your body and especially your shoulders move along with the rock-steps during counts 5&6**

**S3: Touch-step, touch-step, out, out, sailor-turn 3/4**

- 1, 2**            Touch right ball of foot to right forward diagonal, step down on R
- 3, 4**            Touch leftt ball of foot to left forward diagonal, step down on L
- 5, 6**            Step R to right forward diagonal, step L to left forward diagonal
- 7&8**            Step R back turning 1/4 to right, step L to left side turning 1/2 right, step R to right side (ending at 3 o’clock)

**NB! Please use your hips as well during counts 1-6!**

**S4: Dorothy-step, Dorothy-step, rock-step-1/2 turn, triple-step full turn**

- 1, 2&** Step L forward to left forward diagonal, step together with R, step L forward to left forward diagonal
- 3, 4&** Step R forward to right forward diagonal, step together with L, step R forward to right forward diagonal
- 5&6** Rock L forward, recover weight on R, step L forward turning 1/2 to left
- 7&8** Step R back turning 1/2 to left, step together with L, step R forward turning 1/2 to left (ending at 9 o'clock)

**S5: Touch-step, touch-step, behind-cross-shuffle, unwind full turn**

- 1, 2** Touch left ball of foot to left forward diagonal, step down on L
- 3, 4** Touch right ball of foot to right forward diagonal, step down on R
- 5&6&** Step L behind R, step R to right side, step L across R, step R to right side
- 7, 8** Step L across R, unwind full turn to right (weight stays on left)

**NB! Please use your hips as well during counts 1-4!**