

# OUT OF OUR HEADS

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**Count:** —                      **Wall:** —                      **Level:** Phrased Intermediate

**Choreographer:** Michael Barr (USA) May 08

**Music:** Out Of Our Heads by Sheryl Crow

**Lead: 16 counts.**

## **(1 - 8) Walk, Walk, Walk, Out Out - 2 Sailor Steps**

**1,2,3,&4** Step forward - R,L,R (&) Step L out - side left; Step R out - side right (wt. right)

**5&6-7&8** Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead

**Note: The sailor steps in this section and the next move slightly backwards in direction**

## **(9 - 16) 2 Sailor Steps - Syncopated Vine Right**

**1&2-3&4** Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead

**5 & 6** Step L foot behind right; Step R foot side right; Step L foot in front of right

**&7&8** Step R side right; Step L behind right; Step R side right; Step L in front of right

## **(17 - 24) Rock, 1/4 Pivot Left, Kick Ball Point - & Point & Point & Kick Ball Forward**

**1,2** Step Right side right; Turn  $\frac{1}{4}$  left onto L foot in place

**3&4** Kick R forward; Step R in place; Touch L side left Facing 9 o'clock

**&5&6&** Step L next to right; Touch R side right; Step R next to left; Touch L side left; Step L next to right

**7 & 8** Kick R forward; Step onto ball of R; Step L forward

## **(25 - 32) Step $\frac{1}{4}$ Side Point, Step Side Point - Step Side Point, Kick Ball Change**

**1 - 4** Step R forward; Turn  $\frac{1}{4}$  right, touch L side left; Step L forward; Touch R side right Facing 12 o'clock

**5,6,7&8** Step R forward; Touch L side left; Kick L forward; Step onto ball of L; Step R in place

## **(33 - 40) Rock Return Triple 1/2 Turn Left - Twinkle Forward - 2 Times**

**Note: The next 8 counts are basically done 4 times in all. The triple steps for 5&6 and 7&8 are similar in form (not rhythm) to twinkles in a waltz.**

- 1 - 2** Rock forward onto L foot; Return weight onto R foot in place (looking over left shoulder)
- 3 & 4** Turn  $\frac{1}{4}$  left stepping L foot side left; Step R foot next to left; Turn  $\frac{1}{4}$  left stepping L foot forward Facing 6 o'clock
- 5 & 6** Step R forward to left diagonal; Step ball of L next to right; Step ball of R next to left facing right diagonal
- 7 & 8** Step L forward to the right diagonal; Step ball of R next to left; Step L next to right facing left diagonal

#### **(41 - 48) Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times**

- 1 - 2** Rock forward onto R foot; Return weight onto L foot in place (looking over right shoulder)
- 3 & 4** Turn  $\frac{1}{4}$  right stepping R side right; Step L next to right; Turn  $\frac{1}{4}$  right stepping R forward Facing 12 o'clock
- 5 & 6** Step L forward to the right diagonal; Step ball of R next to left; Step ball of Left next to right facing left diagonal
- 7 & 8** Step R forward to left diagonal; Step ball of L next to right; Step R next to left facing right diagonal

#### **(49 - 56) Rock Return Triple 3/4 Turn Left - Twinkle Forward - 2 Times**

- 1 - 2** Rock forward onto L foot; Return weight onto R foot in place (looking over left shoulder)
- 3 & 4** Turn  $\frac{1}{2}$  left stepping onto L; Step R foot next to left; Turn  $\frac{1}{4}$  left stepping L foot forward Facing 3 o'clock
- 5 & 6** Step R forward to left diagonal; Step ball of L next to right; Step ball of R next to left facing right diagonal
- 7 & 8** Step L forward to the right diagonal; Step ball of R next to left; Step Left next to right facing left diagonal

#### **(57 - 64) Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times**

- 1 - 2** Rock forward onto R foot; Return weight onto L foot in place (looking over right shoulder)
- 3 & 4** Turn  $\frac{1}{4}$  right stepping R side right; Step L next to right; Turn  $\frac{1}{4}$  right stepping R forward Facing 9 o'clock
- 5 & 6** Step L forward to the right diagonal; Step ball of R next to left; Step ball of L next to right facing left diagonal
- 7 & 8** Step R forward to left diagonal; Step ball of L next to right; Step R next to left (square up on 9 o'clock wall)

## **(64 - 68) 7 Small Steps Forward Starting With The Left Ending With The Left**

**5&6&7&8** Step L,R,L,R,L,R,L Do these 7 steps on the balls of the feet. Come up on counts 5 & 6 & then come down on 7 & 8

**BEGIN AGAIN!!! Please see restarts and tags on next page**

**Tags and Restarts:**

- The added “&” counts on walls 2, 4, and 5 are technically tags since they are added to the choreography.
- The TAG on wall 4 asks you to do the FIRST 12 counts of the dance, drop the syncopated vine and add two more sailor steps in it's place, do the “&” count and restart the dance.
- Wall 5 you drop the last 4 counts then do the “&” count tag to start the dance.
- And lastly, wall 6 asks you to do the last 4 counts with a ½ turn to face the front and a “TA DA” for an ending.

**This is all written out below.**

**Dance flows in a counterclockwise direction:**

**Wall 2 - Starts on the 9 o'clock wall and restarts on the 9 o'clock wall with the tag (still wall 2):**

**(1 - 48) Finish 48 counts of wall 2. You will be on your Right foot**

**TAG: “&” STEP**

**&** Step onto ball of L in place (restart wall 2 again)

**Wall 4 - Starts on the 3 o'clock wall and restarts on the 3 o'clock wall with the tag (still wall 4):**

**Dance the first 12 counts of the dance:**

**(1 - 8) WALK, WALK, WALK, OUT OUT - 2 SAILOR STEPS (same as original steps)**

**1,2,3,&4** Step R forward; Step L forward; Step R forward; (&) Step L side left; Step R side right

**5&6-7&8** Step L foot behind right; Step R foot side right; Step L foot center or home:

**Repeat Sailor with Right foot lead**

## **(9 - 12) 2 SAILOR STEPS**

**1&2-3&4** Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead

### **TAG: 2 SAILOR STEPS - "&" STEP**

**5&6-7&8** Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead

**&** Step onto ball of L next to right (restart wall 4 again)

**Wall 5 - Starts on the 12 o'clock wall and drops the last 4 counts (you will be facing the 9 o'clock wall)**

**Note: Finish up to count 64. Drop counts 65-68 - the 7 small steps forward. Your weight will be on your Right**

### **TAG: "&" STEP**

**&** Step onto ball of L in place (restart the dance - wall 6)

**Wall 6 Ending!!! Starts on the 9 o'clock wall and ends on the 12 o'clock wall.**

**Do all 68 counts of the dance and on the last 4 counts start a ½ turn left to face the front and add the TA DA**

### **(65 - 68) 7 SMALL STEPS MAKING A 1/2 TURN LEFT**

**5&6&7&8** Step L forward and start to make a ½ turn left continuing with R,L,R,L,R,L

**Do these 7 steps on the balls of the feet. Come up on counts 5 & 6 & then come down on 7 & 8**

### **TA DA: STEP TOUCH**

**& 1** Step the R forward; Touch the L behind and side right with arms out stretched with palms facing forward

**Congratulations! I want to really thank you giving this a chance. I would dare say this has been a mind bending experience. I do hope it's been a good one. Call or email me any time for any clarifications. MB**