

All In Ma Head

32 count, 2 wall, beginner level

Choreographer: Kirsteen Currie (Scotland) Feb 2005

Choreographed to: Over And Over by Nelly, feat Tim McGraw (98 bpm)

12 count intro

Section 1 Walk, walk, kick ball cross, vine 1/4 chasse.

1-2 Walk forward right, left.

3&4 kick right forward step right in place cross left over right.

5-6 step right to right side, step left behind right.

7&8 step right 1/4 turn, step left beside right, step right forward.

Section 2 Left lock, shuffle forward, rock coaster.

1-2 step left forward, lock right behind left.

3&4 step left forward, step right beside left, step left forward.

5-6 rock right forward, recover onto left.

7&8 step right back, step left beside right, cross right over left.

Section 3 Side rock cross shuffle, side rock cross shuffle.

1-2 rock left to left side, recover onto right.

3&4 cross left over right, step right beside left, cross left over right.

5-6 rock right to right side, recover onto left.

7&8 cross right over left, step left beside right, cross right over left.

Section 4 Walk back right, left, shuffle 1/2, 1/4 rock, kick ball change.

1-2 walk back left, right.

3&4 shuffle step 1/2 turn in right stepping left, right, left.

5-6 rock right to right side, recover onto left, turning 1/4 left.

7&8 kick right forward, step right in place, step left in place.
