

Out Of My Head (Back In My Bed)

64 count, 4 wall, intermediate level

Choreographer: Caz Mawby (UK) Sept 2005

Choreographed to: Out Of My Head Back In My Bed
by Sharon B, Footsteps CD (132 bpm)

24 count intro on vocals

1-8 Right Shuffle Step Pivot ½ Turn Right, Left Shuffle Step Pivot ¾ Turn Left.

- 1&2 Step forward on right step left next to right step forward on right.
3-4 Step forward on left pivot ½ turn right
5&6 Step forward on left step right next to left step forward on left.
7-8 Step forward on right pivot ¾ turn left.

9-16 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.

17-24 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.

25-32 Jazz Box ½ Turn Right Toe Strut Left Toe Strut.

- 1-4 Cross right over left step left back making a ¼ turn right make another ¼ 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.

33-40 Heel Switches Step Pivot ¼ Turn Heel Switches Step Pivot ¼ Turn.

- 1&2 Touch right heel forward place right Touch left heel forward.
&3-4 Place left Step forward on right pivot ¼ turn left.
5&6 Touch right heel forward place right Touch left heel forward.
&7-8 Place left Step forward on right pivot ¼ turn left.

41-48 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.

49-56 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.

57-64 Rocking Chair Step Pivot x 2 (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 ¼ turn left Step forward on right pivot ¼ turn left (weight on left).
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