



# Out Of My Mind!



Craig Bennett

| STEPS            | ACTUAL FOOTWORK                                                                                                          | CALLING SUGGESTION | DIRECTION    |
|------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|
| <b>Section 1</b> | <b>Walks Forward x2, Rock Step, Coaster 1/4 Turn, Cross, Side, Touch.</b>                                                |                    |              |
| 1 - 2            | Step right forward. Step left forward.                                                                                   | Walk Walk          | Forward      |
| 3 - 4            | Rock right forward. Recover back onto left.                                                                              | Rock Step          | On the spot  |
| 5 & 6            | Step right back. Step left beside right. Turn 1/4 left stepping right to right side.                                     | Coaster Turn       | Turning left |
| 7 & 8            | Cross left over right. Step right to right side. Touch left diagonally forward left.                                     | Cross Side Touch   | Right        |
| <b>Section 2</b> | <b>&amp; Cross, Toe Touches, Flick, Touch, Heel Swivels, Jump, Heel Lifts.</b>                                           |                    |              |
| & 1 - 2          | Step left beside right. Cross right over left. Touch left to left side.                                                  | & Cross Touch      | Left         |
| & 3              | Step left beside right. Touch right to right side.                                                                       | & Touch            | On the spot  |
| & 4              | Flick right heel out to right side. Touch right forward.                                                                 | Flick Touch        |              |
| 5 & 6            | Swivel both heels out. Swivel both heels in. Swivel both heels out.                                                      | Out In Out         |              |
| & 7              | Jump feet apart stepping Right, Left.                                                                                    | Right Left         |              |
| & 8              | Lift both heels popping knees forward. Drop both heels.                                                                  | & Heels            |              |
| <b>Section 3</b> | <b>Side Rock, Sailor 1/4 Turn, Step, Hold, &amp; Step Touch.</b>                                                         |                    |              |
| 1 - 2            | Rock left to left side. Recover onto right.                                                                              | Side Rock          | On the spot  |
| 3 & 4            | Cross left behind right. Step right to right side. Step left 1/4 turn left.                                              | Sailor Turn        | Turning left |
| 5 - 6            | Step right forward. Hold.                                                                                                | Step Hold          | Forward      |
| & 7 - 8          | Step left beside right. Step right forward. Touch left beside right.                                                     | & Step Touch       |              |
| <b>Restart:-</b> | During 2nd Wall, restart dance from beginning at this point.<br>(Replacing count 8 above with 'Step left beside right.') |                    |              |
| <b>Section 4</b> | <b>1 &amp; 1/4 Turn Left Travelling Back, Touch, Side Bump, Touch, Hip Bumps.</b>                                        |                    |              |
| 1 - 2            | Make 1/2 turn left stepping left forward. Make 1/2 left stepping right back.                                             | Turn 2             | Turning left |
| 3 - 4            | Make 1/4 turn left stepping left to left side. Touch right beside left.                                                  | 3, Touch           |              |
| 5 - 6            | Step right to right side bumping hips right. Touch left to left side.                                                    | Side Touch         | Right        |
| 7 & 8            | Bump hips left. Bump hips right. Bump hips left. (weight ends on left.)                                                  | Bump & Bump        | On the spot  |

INTERMEDIATE

**4 Wall Line Dance:-** 32 Counts. Intermediate.

**Choreographed by:-** Craig Bennett (UK) February 2004.

**Choreographed to:-** 'Out Of My Mind' (132 bpm) by Will Young from Friday's Child CD, start on vocals.