

Beatin' My Head



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Back Rock, Shuffle Forward, Forward Rock, Shuffle Back.		
1 - 2	Rock back on right. Rock forward onto left.	Back. Rock.	On the spot
3 & 4	Step forward right. Close left beside right. Step forward right.	Right Shuffle	Forward
5 - 6	Rock forward on left. Rock back onto right.	Forward. Rock.	On the spot
7 & 8	Step back left. Close right beside left. Step back left.	Shuffle Back	Back
Section 2	Back Rock, Triple 1/2 Turn Left x 2, Right Kick Ball Change.		
9 - 10	Rock back on right. Rock forward onto left.	Rock Back	On the spot
11 & 12	Triple step 1/2 turn left, stepping - Right, Left, Right.	Triple Turn	Turning left
13 & 14	Triple step 1/2 turn left, stepping - Left, Right, Left.	Triple Turn	
Note:	Triple steps travel slightly forward.		
15 & 16	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	On the spot
Section 3	Right Kick Ball Change, Right Chasse, Back Rock, Left Chasse.		
17 & 18	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	On the spot
19 & 20	Step right to right side. Close left beside right. Step right to right side.	Side. Close. Side.	Right
21 - 22	Rock back on left. Rock forward onto right.	Back. Rock.	On the spot
23 & 24	Step left to left side. Close right beside left. Step left to left side.	Side. Close. Side	Left
Section 4	Back Rock, Weave Right, Side Rock, 1/4 Turn Left.		
25 - 26	Rock back on right. Rock forward onto left.	Back. Rock.	On the spot
27 - 28	Step right to right side. Cross left behind right.	Step. Behind.	Right
29 - 30	Step right to right side. Cross left over right.	Step. Cross.	
31 - 32	Rock to right side on right. Rock onto left making 1/4 turn left.	Rock. Turn.	Turning left

4 Wall Line Dance: - 32 Counts. Beginner Level.

Choreographed by:- Glennys Croston (UK).

Choreographed to:- 'Beatin' My Head Against The Wall' by Danni Leigh (116 bpm) 29 Nights Album.