

Get Out Of My Mind

64 Count, 2 Wall, Intermediate level

Choreographer: Alexandra Fuller (UK) Nov 05

Choreographed To: 'Young girl' by Ed Cox

(Thrillbillies), Album: Love, Joy and Commitment
(130bpm)

Intro: 14 seconds - start just before vocals

Forward Rock, Coaster Step, Step, Pivot 1/2 Turn, Shuffle Half Turn

- 1-2 Rock forward on right, recover back onto left.
- 3&4 Step back on right, step left beside right, step forward on right.
- 5-6 Step forward on left, pivot 1/2 turn right.
- 7-8 Shuffle forward on left making 1/2 turn right, stepping left, right, left

Back Rock, Shuffle, Cross Rock, Chasse Left

- 1-2 Rock back on right, recover forward onto left.
- 3&4 Step forward on right, close left beside right, step forward on right.

TAG: Tag danced at this point on wall 5.

- 1-2 Step forward on left, pivot 1/2 turn right.
- 3&4 Shuffle forward on left, stepping left, right, left

Restart dance from beginning at this point- this is now wall 6.

- 5-6 Cross rock left over right, recover back onto right.
- 7&8 Step left to left side, close right beside left, step left to left side

Full Unwind, Chasse Left, Back Rock, Shuffle 1/2 Turn

- 1-2 Step right behind left, unwind full turn right (weight ends on right foot)
- 3&4 Step left to left side, close right beside left, step left to left side.
- 5-6 Rock back on right, recover forward onto left.
- 7&8 Shuffle forward on right making 1/2 turn left, stepping right, left, right

Back Rock, Shuffle 1/2 Turn, Back Rock, Shuffle

- 1-2 Rock back on left, recover forward onto right.
- 3&4 Shuffle forward on left making 1/2 turn right, stepping left, right, left.
- 5-6 Rock back on right, recover forward onto left.
- 7&8 Step forward on right, close left beside right, step forward on right

Step, Pivot 1/2 Turn, Walks Forward, Side Rock, Cross Shuffle

- 1-2 Step forward on left, pivot 1/2 turn right.
- 3-4 Walk forward on left, walk forward on right.
- 5-6 Rock left to left side, recover onto right.
- 7&8 Cross left over right, step right to right side, cross left over right.

Side Rock, Cross Shuffle, Back Rock, Shuffle

- 1-2 Rock right to right side, recover onto left.
- 3&4 Cross right over left, step left to left side, cross right over left.
- 5-6 Rock back on left, recover forward onto right.
- 7&8 Step forward on left, close right beside left, step forward on left.

TAG: Tag danced at this point on wall 2.

- 1-2 Rock forward on right, recover back onto left making 1/2 turn right.
- 3-4 Walk forward on right, walk forward on left

Note: the 1/2 turn leads into the walks

Restart dance from beginning at this point- this is now wall 3.

Forward Rock, Shuffle 1/2 Turn, Walks Forward, Shuffle

- 1-2 Rock forward on right, recover back onto left.
- 3&4 Shuffle 1/2 turn right, stepping right, left, right.
- 5-6 Walk forward on left, walk forward on right.
- 7&8 Step forward on left, close right beside left, step forward on left

Forward Rock, Shuffle 1/2 Turn, Walks Forward, Shuffle

- 1-2 Rock forward on right, recover onto left.
 - 3&4 Shuffle 1/2 turn right, stepping right, left, right.
 - 5-6 Walk forward on left, walk forward on right.
 - 7&8 Step forward on left, close right beside left, step forward on left.
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