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## Out Of Our Heads

Phrased, Intermediate
Choreographer: Michael Barr (USA) May 2008
Choreographed to: Out Of Our Heads by Sheryl Crow

Lead: 16 counts
1-8 Walk, Walk, Walk, Out Out - 2 Sailor Steps
1,2,3,\&4 Step forward - R,L,R (\&) Step L out - side left; Step R out - side right (wt. right)
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead
Note: The sailor steps in this section and the next move slightly backwards in direction

## 9-16 2 Sailor Steps - Syncopated Vine Right

1\&2-3\&4 Step L foot behind right; Step R foot side right; Step L foot side left: Repeat Sailor with Right foot lead
5 \& 6 Step $L$ foot behind right; Step R foot side right; Step $L$ foot in front of right
\& 7\&8 Step R side right; Step L behind right; Step R side right; Step L in front of right
17-24 Rock, 1/4 Pivot Left, Kick Ball Point - \& Point \& Point \& Kick Ball Forward
1,2 Step Right side right; Turn $1 / 4$ left onto $L$ foot in place
$3 \& 4 \quad$ Kick R forward; Step R in place; Touch L side left Facing 9 o'clock
\&5\&6\& Step $L$ next to right; Touch $R$ side right; Step $R$ next to left; Touch $L$ side left; Step $L$ next to right
7 \& 8 Kick R forward; Step onto ball of R; Step L forward
25-32 Step $1 / 4$ Side Point, Step Side Point - Step Side Point, Kick Ball Change
1-4 Step R forward; Turn $1 / 4$ right, touch L side left; Step L forward; Touch R side right Facing 12 o'clock
5,6,7\&8 Step R forward; Touch L side left; Kick L forward; Step onto ball of L; Step R in place

## 33-40 Rock Return Triple 1/2 Turn Left - Twinkle Forward - 2 Times

Note: The next 8 counts are basically done 4 times in all. The triple steps for $5 \& 6$ and $7 \& 8$ are similar in form (not rhythm) to twinkles in a waltz.
1-2 Rock forward onto $L$ foot; Return weight onto $R$ foot in place (looking over left shoulder)
3 \& 4 Turn $1 / 4$ left stepping $L$ foot side left; Step R foot next to left; Turn $1 / 4$ left stepping L foot forward (6:00)
5 \& 6 Step R forward to L diagonal; Step ball of L next to R; Step ball of $R$ next to left facing right diagonal
7 \& 8 Step L forward to the right diagonal; Step ball of R next to left; Step L next to right facing left diagonal

## 41-48 Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times

1-2 Rock forward onto R foot; Return weight onto $L$ foot in place (looking over right shoulder)
3 \& 4 Turn $1 / 4$ right stepping R side right; Step $L$ next to right; Turn $1 / 4$ right stepping $R$ forward (12:00)
5 \& 6 Step $L$ forward to the R diagonal; Step ball of R next to L; Step ball of $L$ next to $R$ facing left diagonal
7 \& 8 Step R forward to left diagonal; Step ball of $L$ next to right; Step $R$ next to left facing right diagonal

## 49-56 Rock Return Triple 3/4 Turn Left - Twinkle Forward - 2 Times

1-2 Rock forward onto $L$ foot; Return weight onto $R$ foot in place (looking over left shoulder)
3 \& 4 Turn $1 / 2$ left stepping onto L; Step R foot next to left; Turn $1 / 4$ left stepping L foot forward Facing 3 o'clock
5 \& 6 Step R forward to $L$ diagonal; Step ball of $L$ next to $R$; Step ball of $R$ next to $L$ facing right diagonal
7 \& 8 Step L forward to the right diagonal; Step ball of R next to left; Step Left next to right facing left diagonal
57-64 Rock Return Triple 1/2 Turn Right - Twinkle Forward - 2 Times
1-2 Rock forward onto $R$ foot; Return weight onto $L$ foot in place (looking over right shoulder)
3 \& 4 Turn $1 / 4$ right stepping $R$ side right; Step L next to right; Turn $1 / 4$ right stepping R forward (9:00)
5 \& 6 Step L forward to the R diagonal; Step ball of R next to L; Step ball of L next to R facing left diagonal
7 \& 8 Step R forward to left diagonal; Step ball of $L$ next to right; Step R next to left (square up on 9:00 wall)

## 64-68 7 Small Steps Forward Starting With The Left Ending With The Left

5\&6\&7\&8 Step L,R,L,R,L,R,L Do these 7 steps on the balls of the feet. Come up on counts 5 \& 6 and then come down on 7 \& 8

## Tags and Restarts:

- The added " $\&$ " counts on walls 2,4 , and 5 are technically tags since they are added to the choreography.
- The TAG on wall 4 asks you to do the FIRST 12 counts of the dance, drop the syncopated vine and add two more sailor steps in it's place, do the " $\&$ " count and restart the dance.
- Wall 5 you drop the last 4 counts then do the " $\&$ " count tag to start the dance.
- And lastly, wall 6 asks you to do the last 4 counts with a $1 / 2$ turn to face the front and a "TA DA" for and ending.

This is all written out below.

Dance flows in a counter clockwise direction:
Wall 2 - Starts on the 9 o'clock wall and restarts on the 9 o'clock wall with the tag (still wall 2):
1-48 Finish 48 counts of wall 2. You will be on your Right foot
TAG: "\&" STEP
\& Step onto ball of $L$ in place (restart wall 2 again)
Wall 4 - Starts on the 3 o'clock wall and restarts on the 3 o'clock wall with the tag (still wall 4):
Dance the first 12 counts of the dance:
1-8 WALK, WALK, WALK, OUT OUT-2 SAILOR STEPS (same as original steps)
1,2,3,\&4 Step R forward; Step L forward; Step R forward; (\&) Step L side left; Step R side right
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot center or home:
Repeat Sailor with Right foot lead

## 9-12 2 SAILOR STEPS

1\&2-3\&4 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead
TAG: 2 SAILOR STEPS - "\&" STEP
5\&6-7\&8 Step L foot behind right; Step R foot side right; Step L foot center: Repeat Sailor with Right foot lead \& $\quad$ Step onto ball of $L$ next to right (restart wall 4 again)

Wall 5 - Starts on the 12 o'clock wall and drops the last 4 counts (you will be facing the 9 o'clock wall)
Note: Finish up to count 64. Drop counts 65-68 - the 7 small steps forward. Your weight will be on your Right
TAG: "\&" STEP
\& $\quad$ Step onto ball of $L$ in place (restart the dance - wall 6)

Wall 6 Ending!!! Starts on the 9 o'clock wall and ends on the 12 o'clock wall.
Do all 68 counts of the dance and on the last 4 counts start a $1 / 2$ turn left to face the front and add the TA DA
65-68 7 SMALL STEPS MAKING A 1/2 TURN LEFT
5\&6\&7\&8 Step L forward and start to make a $1 / 2$ turn left continuing with R, L, R, L, R, L
Do these 7 steps on the balls of the feet. Come up on counts 5 \& 6 \& then come down on 7 \& 8

## TA DA: STEP TOUCH

\& $1 \quad$ Step the $R$ forward; Touch the $L$ behind and side right with arms out stretched with palms facing forward

