

Out Of Our Heads

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

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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 ¼ left onto L foot in place
- 3&4 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 ¼ 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 ¼ left stepping L foot side left; Step R foot next to left; Turn ¼ 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 ¼ right stepping R side right; Step L next to right; Turn ¼ 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 ½ left stepping onto L; Step R foot next to left; Turn ¼ 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 ¼ right stepping R side right; Step L next to right; Turn ¼ 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 ½ 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, 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 & 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

& 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 ½ 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 ½ 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 Step the R forward; Touch the L behind and side right with arms out stretched with palms facing forward

Music download available from iTunes

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