

Locked Inside My Head



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.

Choreographed by: Jonas Dahlgren (SWE) & Gregory Danvoie (BE) Nov 2024

Choreographed to: Troubled Waters by Alex Warren

Intro: 8 Counts. Start at approx 4 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2 3&4 5-6 Option 7&8	WALK, WALK ANCHOR STEP, BACK, BACK, COASTER CROSS RF step forward, LF step forward RF Lock behind LF, recover on LF, RF step slightly back LF step back, RF step back Full turn back to the L LF step back, RF step next to LF, LF cross over RF
SEC 2 1-2 3&4 5-6 7&8	SWAY, SWAY, SIDE CHASSE, CROSS, BACK ¼ TURN, SIDE CHASSE RF step to the R side with a sway to the R, sway to the L side RF step to the R side, LF step next to RF, RF step to the R side LF cross over RF, RF step back with ¼ turn to the L (9:00) LF step to the L side, RF step next to LF, LF step to the L side
Restart	Here on Wall 2 and 6
SEC 3 1-2 3-4 5-6 7-8 Styling	HIP TURN X2, ¾ WALK AROUND RF touch forward with ½ turn to the R hip bump, recover, RF step back with ½ turn to the L (4:30) LF touch back with hip bump, recover, LF step forward with ½ turn to the L (10:30) Walk R forward with ¼ turn to the L, Walk L forward with ½ turn to the L (7:30) Walk R forward with ¼ turn to the L, Walk L forward (6:00) When you walk you can touch with the opposite toe
SEC 4 1-2 3&4 5-6 7&8	ROCK FWD, BEHIND-SIDE-CROSS, SIDE ROCK, RECOVER, SAILOR WITH ¼ TURN RF rock forward, recover on LF RF cross behind LF, LF step to the L side, RF cross over LF LF side rock to the L side, recover on RF LF cross behind RF with ¼ turn to the L, RF step slightly to the R side, LF step slightly to the L side (3:00)
Tag	At the end of Walls 4 and 8 WALK, WALK, TOUCH, CLAP

