

Out of My Head

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Type of dance: 64 counts, 2 walls, int/adv
 Music: **I swear** by YouNotUs. 125 bpm. Track length: 2:11. Buy on iTunes etc.
 Intro: 12 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot
 NOTE: NO TAGS – NO RESTARTS!!! 😊

Counts	Footwork	End facing
1 – 9	Fwd R, step ½ R with L flick, L step lock step, HOLD, R lock step, rock R fwd, sweep R	
1 – 3	Step R fwd (1), step L fwd (2), turn ½ R stepping down on R flicking L backwards (3) ... <i>Note: on wall 3 the flick is particularly important so look over L shoulder to look at your flicking foot</i>	6:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	6:00
6&7	HOLD (6), lock R behind L (&), step L fwd (7)	6:00
8 – 1	Rock R fwd (8), recover back on L sweeping R to R side (1)	6:00
10 – 16	Back RL with sweeps, behind side cross, vine R	
2 – 3	Step back on R sweeping L to L side (2), step back on L sweeping R to R side (3)	6:00
4&5	Cross R behind L (4), step L to L side (&), cross R over L (5)	6:00
6 – 8	Step L to L side (6), cross R behind L (7), step L to L side (8)	6:00
17 – 24	Point R, roll ¾ R back, R coaster step, HOLD, ¼ R side L, behind knee pop, ¼ L fwd L	
1 – 3	Point R to R side (1), turn ¼ R stepping down on R (2), turn ½ R stepping back on L (3)	3:00
4&5	Step back on R (4), step L next to R (&), step R fwd (5)	3:00
6&7	HOLD (6), turn ¼ R stepping L to L side (&), cross R behind L popping L knee fwd (7)	6:00
8	Turn ¼ L stepping L fwd (8)	3:00
25 – 32	Step ½ L X 2, ¼ L big side step R, slide L towards R, ball cross, side L	
1 – 4	Step R fwd (1), turn ½ L onto L (2), step R fwd (3), turn ½ L onto L (4)	3:00
5 – 6	Turn ¼ L stepping R a big step to R side (5), slide L towards R (6) ... <i>Option on walls 1 & 3: to the note in the music do the ¼ L slide on the 'a' count rather than on count 5. On other words try to be faster with your ¼ slide...</i> 😊	12:00
&7 – 8	Step L next to R (&), cross R over L (7), step L to L side (8)	12:00
33 – 41	1/8 R into R back rock, fwd R, L kick ball point, ½ R together, side L, triple side	
1 – 3	Turn 1/8 R rocking back on R (1), recover on L (2), walk R fwd (3)	1:30
4&5	Kick L fwd (4), step L next to R (&), point R to R side (5) – <i>Option: bend in L knee on count 5</i>	1:30
6 – 7	Turn ½ R on L stepping R next to L (6), step L to L side (7)	7:30
8&1	Step R next to L (8), change weight to L (&), step R to R side (1)	7:30
42 – 49	HOLD, ball side step R, HOLD, ball side step R, L back rock, L weave 1/4 L & R hitch	
2&3	HOLD (2), step L next to R (&), step R to R side (3)	7:30
4&5	HOLD (4), step L next to R (&), step R to R side (5)	7:30
6 – 7	Rock back on L (6), recover on R (7)	7:30
8&1&	Step L fwd (8), turn 1/8 L stepping R to R side (&), turn 1/8 L crossing L behind R (1), hitch R knee (&)	4:30
50 – 57	Behind, side 1/8 L, R samba, cross, ¼ L back R, L back lock step	
2 – 3	Cross R behind L (2), turn 1/8 L stepping L to L side (3)	3:00
4&5	Cross R over L (4), rock L to L side (&), recover on R (5)	3:00
6 – 7	Cross L over R (6), turn ¼ L stepping back on R (7)	12:00
8&1	Step back on L (8), lock R over L (&), step back on L (1)	12:00
58 – 64	R back rock, R step lock step, L rock fwd, ½ L fwd L	
2 – 3	Rock back on R (2), recover on L (3)	12:00
4&5	Step R fwd (4), lock L behind R (&), step R fwd (5)	12:00
6 – 8	Rock L fwd (6), recover back on R (7), turn ½ L on R stepping L fwd (8)	6:00
START AGAIN		
Ending	The track is only 2.11 mins long. This means you only do 4 walls of the dance. Finish the dance on count 1 of wall 5 stomping R fwd and facing 12:00 again 😊	12:00