

Out of our Heads

Description: 68 count – 4 wall Phrased line dance Lead: 16 counts Level: Intermediate
Choreographer: Michael Barr, “A Waltz In Time Productions”, Corning, California, USA May 2008
Music: Out Of Our Heads by Sheryl Crow CD: Detours - mp3 download from Amazon
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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&7 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 ¼ 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 *Facing 6 o'clock*
5 & 6 Step R forward to left diagonal; Step ball of L next to right; 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 *Facing 12 o'clock*
5 & 6 Step L forward to the right diagonal; Step ball of R next to left; Step ball of Left next to right 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 left diagonal; Step ball of L next to right; 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 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 *Facing 9 o'clock*
5 & 6 Step L forward to the right diagonal; Step ball of R next to left; Step ball of L next to right 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 o'clock 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 & then come down on 7 & 8

BEGIN AGAIN!!! Please see restarts and tags on next page

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 an ending. This is all written out below.

Dance flows in a counterclockwise 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

& 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

TA DA

Congratulations! I want to really thank you giving this a chance. I would dare say this has been a mind bending experience. I do hope it's been a good one. Call or email me any time for any clarifications. MB