Out Of My Head

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Music: **Star-526CD [Cha Cha Carnival CDE 1023 "Going Out Of My Head" Track 2]**
Phase: **V**
Released: **October 2010** **Speed: -3.0**
Footwork: **Opposite unless Woman's footwork and/or position is shown in parentheses.**
Rhythm: **Cha Cha** **Time: 2.53**
Sequence: **Intro AA B C A B End**

INTRODUCTION

1-4 **WAIT 2 MEAS;; SWEETHEARTS TWICE-LADY TURN TO FACE;;**
1-2 In Left Shadow Facing The Wall Wait 2 Measures;; [Man's Left/Ladies Right Foot Free]
3-4 Chk fwd L (with contra body action), rec R, sd L,-; (W chk bk R, rec L, sd R XIF of M,-;) chk fwd R(with contra body action), rec L, sd R,-; (W chk bk L, rec R, sm fwd L swivel LF to fc ptr,-;) *[To B'Fly]*

PART A

1-4 **FULL BASIC;; OPEN HIP TWIST; FAN;**
1-2 Fwd L, rec R, sd L/cls R, sd L; bck R, rec L, sd R, cls L, sd R;
3 Fwd L, rec R, sd L/cls R, sd L; (Lady bck R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on R;)
4 Bk R, rec L, sd R/cls L, sd R; (Lady fwd L, fwd R ½ trn left, bk L/lck R in frnt, bck L leaving R extended fwd with no weight;)

5-8 **ALEMANA;; CRAB WALKS;;**
5-6 Fwd L, rec R; sd L/cls R, sd L; bck R, rec L, sd R/cls L, sd R; (Ldy cl R, fwd L, fwd R/cls L, fwd R comm. RF swiv; con RF trn und jnd ld hnds fwd L, con RF trn fwd R, fwd/cls, sd;)
7-8 Cross R in frnt of L, sd L, cross R in frnt of L/sd L, cross R in frnt of L; sd L, cross R in frnt of L, sd L/cls R, sd L;

9-12 **FENCELINE; AIDA; SWITCH ROCK; SPOT TURN;**
9 Cross lunge thru with L, with soft knee action looking in the direction of the lunge, rec trng to fce ptnr, sd/clse, sd;
10 Fwd R trng RF, sd L cont RF trn, bck R, lck L in frnt of R, bck R;
11 Trn LF sd L to fc ptr chk & bring joined hnds thru, rec R, in-place L/R, L;
12 Cross R in frnt trng on crossing ft one half, rec L trng to fce ptnr, sd R/cls L, sd R;

13-16 **FULL CHASE;;;;**
13-16 Fwd L comm. RF trn 1/2, rec fwd R, fwd L/cl R, fwd L; (W bk R no trn, rec L, fwd R/cl L, fwd R;) fwd R comm. LF trn ½, rec fwd L, fwd R/cl L, fwd R; (W fwd L comm. RF trn ½, rec fwd R,fwd L/cl R, fwd L;) fwd L, rec R, bk L/cl R, bk L; (W fwd R comm.. LF trn ½, rec fwd L, fwd R/cl L, fwd R;) bk R, rec L, fwd R/cl L, fwd R; (W fwd L, no trn, rec R, bk L/cl R, bk L;)

REPEAT A

PART B

1-3 DOUBLE CUBAN BREAKS;; SPOT TURN;

1-2 XLIF/rec, sd L/rec, XLIF/rec, sd/L; XRIF/rec, sd R/rec. XRIF/rec, sd R;
1 Cross L in frnt trng on crossing ft one half, rec R cont. trn to fce ptnr, sd L/clse R, sd L;

4-6 DOUBLE CUBAN BREAKS;; SPOT TURN;

4-5 XRIF/rec, sd R/rec, XRIF/rec, sd R; XLIF/rec, sd L/rec. XLIF/rec, sd L;
6 Cross R in frnt trng on crossing ft one half, rec L cont. trn to fce ptnr, sd R/clse L, sd R;

7-8 SHOULDER TO SHOULDER TWICE;;

7-8 In B'Fly fwd L to B'Fly scar, rec R to fce, sd L/cls R, sd L; (Lady bk R to B'Fly scar, rec L to fce, sd R/cls L, sd R;) *repeat to opposite direction. [To Closed Position]*

PART C

1-4 CROSS BODY;; CUCARACHAS TWICE;;

1-2 Fwd L, rec R starting LF trn to lead lady across, sd L/cls R, sd L; bk R cont. LF trn, sd L, sd R/cl L, sd R; (Bk R, rec L, fwd R/cl L fwd R; start LF trn fwd L, cont. trn, sd R/cl L, sd R, sd L;)
3-4 Sd L, rec R, in-place L/R L; sd R, rec L, in-place R/L R;

5-8 CROSS BODY;; ALEMANA;;

5-6 Fwd L, rec R starting LF trn to lead lady across, sd L/cls R, sd L; bk R cont. LF trn, sd L, sd R/cl L, sd R; (Bk R, rec L, fwd R/cl L fwd R; start LF trn fwd L, cont. trn, sd R/cl L, sd R, sd L;) *[To B'Fly]*
7-8 Fwd L, rec R; sd L/cls R, sd L; bck R, rec L, sd R/cls L, sd R; (Rk bk R, rec L,sd R/cl L, sd R, comm. RF Swivel; cont. RF trn fwd L, fwd R to fc ptnr, sd L/cls R, sd L;)

REPEAT PART A

REPEAT PART B

END

1-4 CROSS BODY;; CROSS BODY;;

1-4 REPEAT MEAS 1 & 2 Of PART C TWICE

5-8 HALF A CHASE;; CUCARACHA; ROCK RECOVER CLOSE & POINT;

5-6 Fwd L comm. RF trn 1/2, rec fwd R, fwd L/cl R, fwd L; (W bk R no trn, rec L, fwd R/cl L, fwd R;) fwd R comm. LF trn ½, rec fwd L, fwd R/cl L, fwd R;
(W fwd L comm. RF trn ½, rec fwd R,fwd L/cl R, fwd L;) *[To Tandem Position]*
7 Sd L, rec R, in-place L/R L;
8 Sd R, recl L, cl R/Point Left;