

OUTTA M' MIND

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Count: 48

Wall: 4

Level: intermediate

Choreographer: William Sevone

Music: Tryin' To Forget You by Candye Kane & Earl Thomas

4X ROCK-RECOVER

- 1-2 Rock forward onto right foot, recover onto left foot
- 3-4 Rock backward onto right foot, recover onto left foot
- 5-6 Rock forward onto right foot, recover onto left foot
- 7-8 Rock back onto right foot, recover onto left foot

FORWARD SHUFFLE, HEEL SWITCH, 2X SAILOR SHUFFLES

- 9&10 Step forward onto right foot, step left foot next to right, step forward onto right foot
- 11&12 Touch left heel diagonally forward, step right foot back to center, touch right heel diagonally forward
- 13&14 Step right foot behind left, step left foot to side, step right foot to side
- 15&16 Step left foot behind right, step right foot to side, step left foot to side

ONE AND $\frac{3}{4}$ TURNS RIGHT, HEEL SWITCH, STEP BEHIND, $\frac{1}{4}$ LEFT, STEP FORWARD

- 17&(Moving left) turn $\frac{3}{4}$ right on ball of left foot stepping forward onto right foot, step forward onto left foot
- 18(Moving forward) turn full turn right on ball of left foot - stepping forward onto right foot
- 19&20 Touch left heel diagonally forward left, step right foot back to center, touch right heel diagonally forward right
- 21-22 Step right foot behind left, turn $\frac{1}{4}$ left & step forward onto left foot

FORWARD SHUFFLE, 4X ROCK-RECOVER

- 23&24 Step forward onto right foot, step left foot next to right, step forward onto right foot
- 25-26 Rock forward onto left foot, recover onto right foot
- 27-28 Rock backward onto left foot, recover onto right foot
- 29-30 Rock forward onto left foot, recover onto right foot
- 31-32 Rock backward onto left foot, recover onto right foot

TOUCH BEHIND, $\frac{3}{4}$ LEFT, RIGHT CHASSE, BACKWARD ROCK, RECOVER

- 33-34** Touch left toe behind left, turn $\frac{1}{2}$ left on ball of right foot & step forward onto left
- 35&36** Turn $\frac{1}{4}$ left on left foot & step right foot to side, step left foot next to right, step right foot to side
- 37-38** Rock backward onto left foot, recover onto right foot

LEFT CHASSE, BACKWARD ROCK, RECOVER, HEEL SWITCH, STEP, SHUFFLE FORWARD, STEP FORWARD

- 39&40** Step left foot to side, step right foot next to left, step left foot to side
- 41-42** Rock backward onto right foot, recover onto left foot
- 43&44** Touch right heel diagonally forward right, step right foot back to center, touch left heel diagonally forward left
- 45** Step left foot back to center
- 46&47** Step forward onto right foot, step left foot next to right, step forward onto right foot
- 48** Step forward onto left foot

REPEAT

Variation: in place of counts 17& - 18, step right foot behind left, step left foot to side with $\frac{1}{4}$ left, step forward onto right foot.