

# Outta Control

Count: 64

Wand: 4

Ebene: Advanced hip hop

Choreograf/in: Matthew Oakley (UK)

Musik: Lose Control - Missy Elliot



## **TRIPLE WITH ROCK, ROCK BACK, FORWARD RUN & CROSS BEHIND, STEP OUT, SHOULDER DIPS**

- 1&2 Step right foot forward, step left foot to right foot, rock right foot forward  
& Recover weight back to left foot  
3&4 Rock back on right foot, recover weight forward to left foot, step right foot large step forward  
a5 Step left foot to left side, cross right foot behind left foot  
6 Step left foot out to left side  
7&8 Pop left knee in and dip left shoulder down, straighten up & pull shoulder back, pop left knee in and dip left shoulder down

## **½ TURN LEFT, JUMP OUT, PULL IN - STEP FORWARD - REACH LEFT, ½ TURN LEFT, FLOAT, TOGETHER**

- 1-2 Keep feet in place turn ½ left, jump feet apart, end in demi-plie  
3&4 Slide right foot to left foot, slide right foot forward, push left arm up & out to left & look to left side  
5-6 Lean back slightly & roll slowly ½ turn left  
7-8 Start roll forward & continue roll out through shoulders & out to fingers, bring feet together

## **STEP FORWARD & TOUCH TWICE WITH ½ LEFT, JUMPING APPLEJACKS (RIGHT, LEFT, RIGHT, RIGHT)**

- 1-2 Step right foot forward to right diagonal, touch left foot to right foot, turning ½ turn left  
3-4 Step left foot a large step forward to diagonal, touch right foot to left foot  
&5 Applejack jump out to right side, feet close  
&6 Applejack jump out to left side, feet close  
&7 Applejack jump to the right side, feet close  
&8 Applejack jump to right side, feet close

## **JUMPING APPLEJACKS (LEFT, RIGHT, LEFT, LEFT), STATIONARY JUMPS (OUT, IN, IN, OUT)**

- &1 Applejack jump to left side, feet close  
&2 Applejack jump out to left side, feet close  
&3 Applejack jump to the right side, feet close  
&4 Repeat counts &3  
&5-6 Jump right foot forward to right diagonal & left foot back to left diagonal, jump feet together, jump feet in place  
&7-8 Repeat counts &5-6

## **OUT-OUT-KICK, WALK TWICE & LUNGE, PUSH BACK, SIDE WALKS WITH KNEE ACTION**

- 1&2 Step right foot out to right, step left foot out to left, jump back on left foot & kick right foot forward  
3&4 Walk forward with right foot, walk forward with left foot, step right foot forward into semi-lunge  
5-6 Push back off right foot, stepping back on left foot  
&7&8 Lift right foot & sway knees left, step right foot to right side & sway knees right, lift left foot & sway knees left, left foot to right foot & sway knees right

## **SYNCOPATED STEP & KNEE LIFTS, SAILOR STEP, 2 SPIRAL WALKS**

- &1 Reach across body to left with right hand, step left foot forward left, pull arm back to right (elbow bent)  
2& Step right foot to left foot & lift left knee, step left foot forward

- 3&4 Step right foot to left foot & lift left knee, step left foot forward, step right foot to left foot & lift left knee
- 5&6 Sailor step with left foot turning  $\frac{1}{4}$  right
- 7-8 Step right foot in place turning  $\frac{1}{2}$  turn right, step left foot in place turning 1 full turn right

**SINGLE FOOT JUMPS X4, LUNGE ROCK RIGHT, HOP LEFT, STEP-HOP-HOP**

- &1 Jump up off left foot & lift right knee, land on both feet with weight on right foot
- &2 Jump up off right foot & lift left knee, land on both feet with weight on left foot
- &3&4 Repeat counts &1&2
- 5-6 Rock right foot to right side (keeping partial weight on left foot), replace left foot with right foot & lift left knee
- 7&8 Turn  $\frac{1}{4}$  left & step left foot forward, turn  $\frac{1}{4}$  left & hop to right twice (&8)

**BALL STEP, TOGETHER, SIDE-TOUCH RIGHT, SIDE-TOUCH LEFT, CROSS BEHIND, UNWIND 1 FULL TURN RIGHT**

- &1-2 Step ball of right foot down, step left foot forward, touch right foot to left foot
- 3-4 Step right foot to right side, touch left foot out to left
- 5-6 Repeat counts 3-4 to left side
- 7&8 Cross right foot behind left, unwind lower half of body 1 full turn right, unwind upper half of body 1 full turn right

**REPEAT**

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