

In Control (掌控之中) (zh)

COPPER KNOB
STEPPEDETS

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - 2008年12月

Musique: Up - The Saturdays : (CD: Single)

前奏 : 32 Counts start on words

第一段 Cross. Quarter. Coaster Step. Step. Half. Shuffle Half. 交叉, 1/4, 海岸步, 踏, 1/2, 轉交換

1-2 Cross R over L, Quarter turn R (facing 3:00) Step back on L.
交叉轉 右足於左足前交叉踏, 右轉90度(面向3點鐘)左足後踏

3&4 Step back on R. Step L beside R. Step forward on R.
Coaster 右足後踏, 左足併踏, 右足前踏

5-6 Step forward on L, Half turn L (facing 9:00) Step back on R.
踏轉 左足前踏, 左轉180度(面向9點鐘)右足後踏

7&8 Shuffle half turn L - LRL (facing 3:00).
轉交換 左轉180度轉交換-左, 右, 左(面向3點鐘)

*** RESTART here on wall 10 (facing 12:00) 第十面牆面向12點鐘從頭起跳

第二段 Cross. Back. Ball Cross (x3). Side. Behind. Side. Heel. 交叉, 後, 踏交叉三次, 側, 後, 側, 點

1-2 Cross R over L, Step back on L.
交叉下沉 右足於左足前交叉踏, 左足後踏

&3&4&5 Step R beside L, Cross L over R, Step R beside L, Cross L over R, Step R beside L, Cross L over R.
併交叉併 右足併踏, 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏
交叉併交
叉

6 踏 Step R to side. 右足右踏

7&8 Cross L behind R, Step R to side, Tap L heel to L diagonal.
後旁點 左足於右足後交叉踏, 右足右踏, 左足踵左斜角線前點

第三段 Ball Cross. Quarter. Shuffle Half. Mambo Quarter. Cross Shuffle. 踏交叉, 1/4, 轉交換, 轉曼波, 交叉交換

&1-2 Step L beside R, Cross R over L, Quarter turn R (facing 6:00) Step back on L. 左足併踏, 右足於左足前
併交叉轉 交叉踏, 右轉90度(面向6點鐘)左足後踏

3&4 Shuffle half turn R - RLR (facing 12:00).
轉交換 右轉180度轉交換-右, 左, 右(面向12點鐘)

5&6 Rock forward on L, Recover weight to R, Quarter turn L (facing 9:00) Step L to side. 左足前下沉, 右足
曼波轉 回復, 左轉90度(面向9點鐘)左足左踏

7&8 Cross R over L, Step L to side, Cross R over L.
交叉交換 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第四段 Quarter. Half. Pivot Quarter. Cross. Side. Sailor Step. 1/4, 1/2, 踏轉1/4, 交叉, 側, 水手步

1-2 Quarter turn R (facing 12:00) Step back on L, Half turn R (facing 6:00) Step forward on R.
90 180 右轉90度(面向12點鐘)左足後踏, 右轉180度(面向6點鐘)右足前踏

3-4 Step forward on L, Pivot Quarter turn R (facing 9:00).
踏90 左足前踏, 右轉90度(面向9點鐘)

5-6 Cross L over R, Step R to side.
交叉踏 左足於右足前交叉踏, 右足右踏

7&8 Cross L behind R, Step R to side, Step L beside R.
sailor 左足於右足後交叉踏, 右足右踏, 左足併踏
