

Till I Gain Control

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Yvonne van Baalen (NL) - September 2015
音乐: Till I Gain Control Again - Blue Rodeo



#16 counts intro - NO TAGS NO RESTARTS

[1 – 8] R.ROCK STEP, COASTER STEP, STEP, ¼ TURN R., L.CROSS SHUFFLE

1-2,3&4 Rock right forward – recover on left - Step right back - step left beside right - step forward on right

5-6,7&8 LF Step forward - turn ¼ right - cross left over right – RF step side - cross left over right

[9 – 16] 2 X ¼ TURN L., R.SHUFFLE FORWARD, L.ROCK STEP, L.SAILOR ¼ TURN L.

1-2,3&4 2 x ¼ turn left - RF step forward - step left beside right - RF step forward

5-6,7&8 Rock left forward - recover on right - Sweep left behind right, turn ¼ left - RF step side - LF step forward

[17- 24] SKATE, SKATE, R.SHUFFLE FORWARD, L.ROCK STEP, L.COASTER CROSS

1-2,3&4 Step right diagonal forward - step left diagonal forward - RF step forward - step left beside right - RF step forward

5-6,7&8 Rock left forward - recover on right - LF step back - step right beside left - cross left over right

[25 – 32] R. SIDE STEP, L.CROSS BEHIND, BALL CROSS, R.SIDE, L.BACK ROCK STEP, L.KICK-BALL-CHANGE

1-2,&3-4 RF step side - cross left behind right - RF step side on ball feet - cross left over right - RF step side

5-6,7&8 Rock left back - recover on right - Kick left forward - step left beside right - step right beside left

[33 – 40] L. SIDE STEP, TOGETHER, L.COASTER STEP, R.SIDE STEP, TOGETHER, R.COASTER STEP

1-2,3&4 LF step side - step right beside left - LF step back - step right beside left - LF step forward

5-6 7&8 Right step side - step left beside right - Right step back - step left beside right - right step forward

[41 – 48] L.ROCK STEP, L.SHUFFLE ½ TURN, FULL TURN L., R.SHUFFLE FORWARD

1-2,3&4 Rock left forward - recover on right - Step left ¼ turn left - right beside left - step left ¼ turn left

5-6,7&8 Full turn left in 2 counts - RF step forward - step left beside right - RF step forward

Optoin 5-6 Walk right forward – walk left forward

[49 – 56] L. SIDE STEP, R.BEHIND, L.SIDE, BALL CROSS, L.SIDE, R. BACK ROCK STEP, R.SHUFFLE FORWARD

1-2,&3-4 LF step side - cross right behind left - LF step side on ball feet - cross right over left - LF step side

5-6,7&8 Rock right back - recover on left - RF step forward - step left beside right - RF step forward

[57 – 64] L. ROCKING CHAIR, STEP, ½ TURN R., L.SHUFFLE FORWARD

1 - 4 Rock left forward - recover on right - Rock left back - recover on right

5-6,7&8 LF step forward - turn ½ right - LF Step forward - step right beside left - step left forward

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