

Control

拍数: 32 墙数: 2 级数: Intermediate NC
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音乐: Control - Zoe Wees



Section 1: SWEEP L/ CROSS ROCK L/ BASIC L/STEP FORW. R/SLOW COLLAPS/ 1 1/4 TURN L

- 1 2 & Step forw. on R and sweep forw. on L (1), Cross Rock on L (2), Recover on R (&
3 4 & Step side on L (3), Step together on R (4), Cross over on L (&
5 6 1/8 turn R with step forw. on R start bending both knees and going slow down with the body
 (5), finish bending knees and going down (6)
7 & 8 & stand up with 1/8 turn L and keeping weight on RF (7), 1/4 turn L step forw. on LF (&), 1/2
 turn L step back on R (8), 1/2 turn L step forw. on L

Section 2: JUMP L/SWAY R+L/BASIC R/1/2 TURN R/FULL TURN R/SWEEP L/ROCK STEP L

- 1 2 & 1/4 turn L with jump on L while jumping lift you R leg to side (1), Step Side on R with sway to
 R (2), Sway to L (3)
3 4 & Step side on R (3), Step together on L (4), Cross over on R (&
5 6 & Step side on L & 1/2 turn R on LF (5), 1/4 turn R step forw. on R (6), Step together on L with
 full turn R (&
7 8 & Step forw. on R and swep forw. on L (7), Rock step on L(8), Recover on R (&

*****RESTART*****

Section 3: STEP BACK L/SWEEP R/ STEP BACK WITH HITCH "SWEEP" (R+L)/BEHIND R/SIDE, L/CROSS ROCK R/1/2 TURN R/3/8 TURN R/FULL TURN R

- 1 2 Step back on L and sweep back on right (1), Step back on R and make a hitch on L with
 turning from front to L side (2)
3 4 & Step back on L and make a hitch on R with turning from front to R side (3), Cross behind on
 R (&), Step side on L (4)
5 6 & 1/8 turn L with rock step on R (5), Recover on L (6), 1/2 turn R with step forw. on R (&
7 & 8 & Step forw. on L start 3/8 turn R weight is in L (7), Fishish 3/8 turn with step forw. on R (&), 1/2
 turn R step back on L (8), 1/2 turn R step forw. on R (&

Section 4: 1/4 TURN R WITH BASICL/3/4 TURN L/1/4 TURN WITH WALKS (L+R)/TOGETHER / BEND KNEES AND GOING DOWN / STAND UP / WEAVE L

- 1 2 & 1/4 turn L with step side on L (1), Step together on R (2), Cross over on L
3 4 & a Step side on R & 3/4 turn L on RF (3), Step forw. on L (4), 1/8 turn Lwith step forw. on R
 (&),1/8 turn L with step together on L
5 6 Bend the L knee and push your RF to side (5), Come up and drag RF next to LF (6)
7 & 8 & Cross over on R (7), Step side on L (&), Cross behind on R (8), Step side on L

Restarts: in Walls 2, 6 & 7 after 16 counts

RESTART (step change):

Sec. 2

Count 7 - Step forw. with 1/4 turn R and sweep L

Count 8 - Step together on L and put your arms around your body

Count & - Hold + Turn your head to back wall (just an option)