

Took Control

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK) - February 2022
音乐: Control - Zoe Wees



Intro: 16 counts

S1: STEP BACK RIGHT SWEEPING LEFT, STEP BACK LEFT TOUCH, STEP FORWARD, PIVOT ½ TURN RIGHT X 2, RUNS FORWARD, FORWARD ROCK/RECOVER, RUNS BACK

1&2 Step back on right, sweeping left out and back, step back on left
&3 Touch right toe next to left, step forward on right
&4&5 Step forward on left, ½ pivot turn right, step forward on left ½ pivot turn right
6& Run forward on left, run forward on right
7 Rock forward on left
8& Run back right, run back on left (12:00)

S2: STEP BACK TOUCH, STEP FORWARD, ¼ TURN LEFT, RIGHT TOUCH, ¼ TURN RIGHT, FULL TURN RIGHT WITH SWEEP, WEAVE SWEEP, BEHIND SIDE

1& Step back on right (leaning slightly back), touch left next to right
2& Step forward on left, ½ turn left stepping back on right (6:00)
3& ¼ turn left stepping left to left side, touch right toe next to left dipping down slightly (3:00)
4&5 ¼ turn right stepping forward on right, ½ turn right stepping back on left, ½ turn right stepping forward on right sweeping left out and forward (6:00)
6&7 Cross left over right, step right to right side, cross left behind right sweeping right out and back
8& Cross right behind left, step left to left side

(RESTART HERE ON WALL 2 MAKING A ½ TURN LEFT ON YOUR LEFT FOOT TO RESTART AT 9:00)

S3: CROSS ROCK/RECOVER, STEP SIDE LIFT/RECOVER, JAZZ BOX, FULL SPIRAL, STEP FORWARD, ¼ PIVOT TURN HITCH, CROSS ROCK/RECOVER

1&2& Cross rock right over left, recover back, step right to right side lifting left foot of floor to side, step left foot down
3&4& Cross right over left, step back on left, step right to right side, step forward on left
5 Step forward on right spiralling a full turn over left shoulder
6&7 Step forward on left, step forward on right, ¼ pivot turn left hitching right knee up and over (3:00)
8& Cross rock right over left, recover back on left

S4: STEP SIDE RIGHT TOUCH, SIDE TOGETHER FORWARD, TOUCH BEHIND, BACK TOGETHER BACK SWEEP, BACK SWEEP, BACK ROCK/RECOVER, FULL TURN, ½ TURN

1& Step right to right side, touch left next to right
2& Step left to left side, step right next to left
3& Step forward on left, touch right toe behind left
4& Step back on right, step back on left
5-6 Step back on right sweeping left out and back, step back on left sweeping right out and back
7& Rock back on right, recover on left
8& ½ turn left stepping back on right, ½ left stepping forward on left (3:00) Make another ½ turn left on your left foot to start the dance again (9:00)

Start again