

My Control

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jo Kinser (UK)
音乐: Losing My Control - Denise Levasseur



WALK FORWARD RIGHT, LEFT CLICKING WITH THE RIGHT HAND, SPIRAL TURN, HIPS, LEFT LOCK FORWARD

- 1-2 Power walk forward right, left (clicking with the right hand at the same time)
- 3-4 Step right, turn a full turn left (spiral) weight right
- 5-6 Push the left hip forward touching the left foot forward, the right hip back (weight right)
- 7&8 Step forward left, lock the right foot behind the left, step forward left

KICK RIGHT FORWARD, TOUCH RIGHT TO RIGHT SIDE, RIGHT MASH POTATO, STEP FORWARD RIGHT, PIVOT LEFT, TAP LEFT FORWARD, STEP FORWARD LEFT, STEP SIDE RIGHT, BEND KNEES, CROSS ARMS, LOOK DOWN, STAND TALL, POINT RIGHT TOE TO RIGHT SIDE

- 1-2 Kick right forward, touch right out to right side
- &3 Swivel heel in on the left foot, taking the right foot swivel in behind the left heel (3rd position)
- &4 Swivel back out on the left foot, step forward on the right foot
- 5&6 Pivot ½ left (weight back right), tap the left foot slightly forward, step forward onto the left foot
- 7 Step the right to right side (shoulder width apart) bending knees and crossing arms across chest, look down
- 8 Stand up tall with hands above head pointing right toe out to right side

STEP POINT, STEP POINT WITH ARM MOVEMENTS, PIVOT ¼ TURN LEFT KICK RIGHT, CROSS SIDE KICK TWICE

- 1-4 Step forward right, point left to left side, step forward left, point right to right side

Arm movements:

- 1-2 Bring arm to the right to 9:00 side
- 3-4 Bring arms to the left to 3:00
- 5-6 Bring the right knee in pivoting on the left foot a ¼ turn left (figure 4), kick the right foot diagonal forward right
- &7 Cross the ball of the right foot in front of left foot, step side with left foot while kicking the right foot diagonal forward
- &8 Cross the ball of the right foot in front of left foot, step side with left foot while kicking the right foot diagonal forward

UNWIND ¾ TURN LEFT, PIVOT ½ TURN LEFT TWICE, TOUCH RIGHT TO RIGHT SIDE, ARM ATTITUDE, STEP FORWARD RIGHT, ARM ATTITUDE, TOUCH LEFT TO LEFT SIDE, ARM ATTITUDE, STEP FORWARD LEFT, ARM ATTITUDE

- 1-2 Cross right in front of left, pivot a ¾ turn left (weight left)
- 3-4 Pivot ½ turn left stepping back onto right foot, pivot ½ turn left stepping forward onto left foot
- 5 Touch right out to right side, right arm up to 1:00 left arm down to 7:00
- & Right hand comes over and around left side of face to make a window, left hand on hip
- 6 Step forward on the right foot, right arm at 5:00, left hand stays on left hip
- 7 Touch left out to left side, left arm up to 11:00 right arm down to 5:00
- & Left hand comes over and around right side of face to make a window, right hand on hip
- 8 Step forward on the left foot, right arm at 5:00, left arm at 7:00

REPEAT