

Take Control

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Take Control - Amerie



LEFT, RIGHT SHOULDER POPS, TOGETHER KICK, CROSS BACK SIDE, CROSS TOUCH, HIP BUMPS WITH ¼ LEFT

1&2& Raise and pop left shoulder, raise and pop right shoulder, step left beside right, kick right to right diagonal
3&4 Cross step right over left, step back on left, step right to side
5-6 Cross step left over right, touch right toe to right diagonal
7&8 Bump hips right, bump hips left, turn ¼ right and step right foot in place (9:00)

STEP ¼ REVERSE TURN LEFT, ¼ REVERSE TURN LEFT CROSS, TOUCH HITCH TOUCH, CROSS TOUCH

1-2 Step forward on left, turn ¼ turn left and touch right to side
3-4 Turn ¼ turn left and touch right to side, cross step right over left
5&6 Touch left toe to side, hitch left leg, touch left toe to side
7-8 Cross step left over right, touch right toe to right diagonal (3:00)

HEEL TWIST BACK FLICK, CROSS ¼ TURN RIGHT, ¼ TURN RIGHT STEP FORWARD STEP SIDE, HOLD TOGETHER SIDE

1&2 Twist right heel out, twist right heel in, turn 1/8 left and flick right foot back

Square up to wall

3-4 Cross step right over left, turn ¼ right and step back on left
5-6 Turn ¼ right and step forward on right, step left to side
7&8 Hold, step right beside left, step left to side (9:00)

RIGHT AND LEFT KNEE POPS, HOLD TOGETHER STEP, BRUSH HITCH BACK TOUCH, ½ TURN RIGHT, ½ TURN RIGHT

&1&2 Pop right knee in, return right knee to neutral, pop left knee in, return left knee to neutral
3&4 Hold, step right beside left, step forward on left
5&6 Brush right forward, hitch right knee, touch right toe back
7-8 Turn ½ turn right and step right in place, turn ½ turn right and step left foot back (9:00)

BACK BACK HOLD, TOGETHER STEP TOUCH, HEEL TWIST HITCH, TOGETHER TOUCH HITCH CROSS

&1-2 Step back right, step side left, hold
&3-4 Step right beside left, step forward on left, touch right toe forward
5&6 Twist right heel out, return right heel to neutral, hitch right knee
&7&8 Step right beside left, touch left toe to side, hitch left knee, cross step left over right (9:00)

SIDE TOUCH, CHASSE ¼ TURN LEFT, FULL BOX TURN LEFT

1-2 Step right to side, touch left beside right
3&4 Step left to side, close right beside left, turn ¼ turn left and step forward on left
5-6 Turn ¼ turn left and step right to side, turn ¼ turn left and step left to side
7-8 Turn ¼ turn left and step right to side, turn ¼ turn left and step left to side (6:00)

Restarts from here on walls 2 & 4

HEELS, TOES, HEELS (TRAVELING LEFT), BACK ROCK TOUCH OUT TOUCH IN, SIDE STEP DRAG TOGETHER CROSS UNWIND ½ TURN LEFT

1&2 Swivel left toe and right heel to the left, swivel left heel and right toe to the left, swivel left toe and right heel to the left

Weight on left

3&4& Cross rock right behind left, recover weight to left, touch right toe to side, touch right toe beside left

5-6& Step right to side, drag left beside right, step left beside right

7-8 Cross step right over left, unwind ½ turn left (12:00)

LEFT MAMBO FORWARD, RIGHT MAMBO BACK, CROSS UNWIND ½ TURN RIGHT, OUT OUT HIP PUSH

1&2 Rock forward on left, recover to right, step back on left

3&4 Rock back on right, recover to left, step forward on right

5-6 Cross step left over right, unwind ½ turn right

&7-8 Step right to side, step left to side, push hips to left (6:00)

REPEAT

RESTART

On walls 2 & 4 (both facing 12:00), dance up to count 48 then start from count 1

ENDING

End facing 12:00 wall and on last count of the box turn, feet should be shoulder width apart. Drop your head for a big finish on the word hey
