

In Control

拍数: 32 墙数: 2 级数: Improver
编舞者: Cato Larsen (NOR) - February 2008
音乐: Address Book - Status Quo : (CD: Perfect Remedy 89)



Intro: Start the dance after the vocals after 32 counts of intro (19 seconds).

(1 – 8) Side Rock, Cross Shuffle, 1/4 Pivot turn, 1/2 Pivot turn, Step, 1/4 turn.

1,2 Step right to right side (1), Rock (recover) back again onto left (2). [12:00]
3&4 Cross right over left (3), Step left to left side (&), Cross right over left (4).
5 Pivot ¼ turn right Stepping back on left (5). [3:00]
6 Pivot ½ turn right Stepping forward on right (6). [9:00]
7,8 Step forward on left (7), Pivot ¼ turn right (8). [12:00]

(9 – 16) Cross Shuffle, 1/4 turn, Step back, Coaster Step, Walk forward.

1&2 Cross left over right (1), Step right to right side (&), Cross left over right (2). [12:00]
3,4 Pivot ¼ turn left Stepping back on right (3), Step back on left (4). [3:00]
5&6 Step back on right (5), Step left next to right (&), Step forward on right (6). [9:00]
7,8 Step forward on left (7), Step forward on right (8).

Restart: Restart here on wall 4. End with Right Touch next to left (8).

(17 – 24) Jump forward, Tap right, Back, Point back, Unwind, Scuff, Hitch, Side, Sailor Step.

&1,2 Jump forward onto left foot (&), Tap right toe next to left (1), Step back on right (2). [9:00]
3,4 Point left toe back (3), Unwind ½ turn left (4). [3:00]
5&6 Scuff right foot forward (5), Hitch right knee (&), Step right to right side (6).
7&8 Cross left behind right (7), Step right to right side (&), Step left to left side (8).

(25 – 32) Cross Rock, Side, Cross Rock, Side, Cross, 1/4 turn.

1,2 Cross right over left (1), Rock (recover) back again onto left (2).
3,4 Step right to right side (3), Cross left over right (4).
5,6 Rock (recover) back again onto right (5), Step left to left side (6).
7 Cross right over left (7).
8 Pivot ¼ turn right Stepping back on left (8). [6:00]

TAG: To be danced AFTER wall number 8. You will be facing 3 o'clock.:

(1 – 8) Side Rock, Cross shuffle, Side Rock, Cross Shuffle.

1,2 Step right to right side (1), Rock (recover) back again onto left (2).
3&4 Cross right over left (3), Step left to left side (&), Cross right over left (4).
5,6 Step left to left side (5), Rock (recover) back again onto right (6).
7&8 Cross left over right (7), Step right to right side (&), Cross left over right (8).

Note: I have intentionally omitted a second Restart. This is because it comes pretty late in the song, and we feel that to do this as simple as possible, we didn't need it. Most of my students didn't even noticed. But feel free to put it back in if you want this to be perfectly phrased!
