

# Control My Feet

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Crazy Chris (UK) - July 2008  
音乐: Blame It On The Boogie - Jay Kid : (3:35)



## Walk Walk, Together Together Forward, Lock Step Step Back, Touch Turn.

1,2,            Walk Back L, R,  
3&4            Step L Beside R, Step R Beside L, Step Forward L,  
5&6            Lock R Behind L, Replace Weight Onto L, Step Back R,  
7,8            Touch L Toe Back, Unwind  $\frac{1}{2}$  Turn Over L Shoulder Taking Weight Onto L.

(6 o'clock)

## Rock & $\frac{1}{4}$ Cross, Out Out, L Twist, Right Twist, Left Twist x2.

1&2             $\frac{1}{4}$  Turn L Rocking R Foot To R Side, Recover Onto L, Cross R Over L,  
3,4            Step L Forward To L Diagonal, Step R Forward To R Diagonal, (feet should be shoulder with apart)  
&5&6            Twist L Heel Out, In, Twist R Heel Out, In,  
&7&8            Twist L Heel Out, In, Out, In. (Take Weight onto L on count 8)

(3 o'clock)

## Sailor Step, Behind & In front, Rock & $\frac{1}{2}$ Rock &, $\frac{1}{2}$ Rock & Cross.

1&2            Step R Behind L, Step L To L Side, Step R To R Side,  
3&4            Step L Behind R, Step R To R Side, Cross L Over R,  
5&6&            Rock R To R Side, Recover onto L,  $\frac{1}{2}$  Turn Over R Shoulder Rocking R To R Side, Recover onto L,  
7&8             $\frac{1}{2}$  Turn over L shoulder Rocking R To R Side, Recover Onto L, Cross R Over L.

(The  $\frac{1}{2}$  rock turns are a little fast, please only twist your body  $\frac{1}{4}$  of a turn and let your feet do the rest of the work)

(3 o'clock)

## Side Behind, & Heal Ball Step, Walk Walk, Scuff Hitch Step Back.

1,2            Step L To L Side, Step R Behind L,  
&3&4            Step L To L Side, Dig R Heal Forward, Step R Beside L, Step L Forward,  
5,6            Walk Forward R, Walk Forward L,  
7&8            Scuff R Forward, Hitch R Knee, Step R Back.

(3 o'clock)

**Note: Dance Finishes On Front Wall At The End Of The Dance, Please Emphasised A Big Hitch And Large Step Back To Finish.**