

Outta Control

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Advanced - Funky Cha Cha
编舞者: Simon Ward (AUS) - December 2012
音乐: Outta Control (Original Radio Edit) (feat. Francisco) - De-Lano : (Album: Outta Control - EP on iTunes)



Notes: (**) Restart after count 64 on 3rd wall (back wall). Ending - on count 32 cross/step left over right facing front

A BIG thank you to Niels Poulsen for his advice and input

[1-7] Step R, cross/rock L, recover w/sweep, L sailor step, Walk fwd R,L

1-2-3 Step right slightly at 45deg right, Cross rock left over right, Recover weight onto right sweeping left counter-clockwise to 12.00
4&5 Step left behind right, step right slightly to right, step left slightly forward (12.00)
6-7 Step right forward, Step left forward (12.00)

[8-15] R anchor step, full turn back L, ¼ L shuffle to L, cross/rock R, recover L

8&1 Step right behind left, Step left in place, Step right slightly back (anchor step, turning body slightly right) (12.00)
2-3 Turn a ½ turn left & step left forward (6.00), Turn a ½ turn left & step right back (12.00)
4&5 Turn a ¼ turn left & step left to left side (9.00), step right beside left, step left to left side
6-7 Cross/rock right over left, recover weight back onto left (9.00)

[16-23] Shuffle to R, hold, L tog, R chasse, L tog, R ¼ turn, L fwd, pivot ½ R

8&1 Step right to right side, step left beside right, step right to right side (optional - roll body on count 1 for styling)
2&3 Hold, step left beside right, step right slightly to right
8&4&5 Step left beside right, step right to right side, step left beside right, step right to right turning ¼ turn right (12.00)
6-7 Step left forward, pivot ½ turn right taking weight onto right (6.00)

[24-32] L lock step, Cross/step R, L side, R sailor 1/8 turn R, L fwd, R fwd ½ turn L, rock L back with R hitch

8&1 Step left forward, lock/step right behind left, step left forward (6.00)
2-3 Cross/step right over left, step left to left side (6.00)
4&5 Step right behind, step left slightly to left side turning 1/8 turn right (7.30), step right slightly forward (7.30)
6-8 Step left forward, Step right forward turning ½ turn left to (1.30), rock/step left back hitching right knee slightly (1.30)

[33-39] Walk R,L,R, L lock/step, rock R fwd, recover L

1-3 Walk forward right, left, right (1.30)
4&5 Step left slightly forward, lock/step right behind left, step left slightly forward (1.30)
6-7 Rock/step right forward, recover weight back onto left (1.30)

[40-47] R back lock/step, full turn left, L coaster step, rock R back, rock L fwd

8&1 Step right back, step left back cross stepping over right, step right back (1.30)
2-3 Turn a ½ turn left & step left slightly forward (7.30), Turn a ½ turn left & step right slightly back (1.30)
4&5 Step left back, step right beside left, rock/step left forward (1.30)
6-7 Recover weight back on right, rock/step left forward (1.30)

[48-55] 1/8 L shuffle to R, cross/rock L, recover on R w/sweep, L sailor step ½ turn L, cross/rock R, recover L

- 8&1 Turn 1/8 left & step right to right side (12.00), step left beside right, step right to right side (12.00)
- 2-3 Cross/rock left over right, recover weight back onto right sweeping left back counter/clockwise (12.00)
- 4&5 Step left behind right, step onto right turning ¼ left (9.00), turn a further ¼ turn left & step left slightly forward (6.00)
- 6-7 Cross/rock right over left, recover weight back onto left (6.00)

[56-64] Shuffle to R, rock L fwd, recover R, L lock step back, full turn back R, touch R

- 8&1 Step right to right side, step left beside right, step right to right side (6.00)
- 2-3 Rock/step left forward, recover weight back onto right (6.00)
- 4&5 Step left back, step right back cross/stepping over left, step left back (6.00)
- 6-8 Turn ½ turn right & step right forward (12.00) , Turn ½ turn right & step left back (6.00), Touch right beside left (**)

[65-72] R fwd, hold & shimmy, L Fwd, hold & shimmy, full paddle turn L

- 1-4 Step R fwd, Hold and shimmy shoulders, Step L fwd, Hold and shimmy shoulders (6.00)
option – Chug& shimmy slightly fwd x 4
- 5-8 Turn ¼ left stepping right to right (3.00), turn ¼ left stepping right to right (12.00), turn ¼ left stepping right to right (9.00), turn ¼ left stepping right to right (6.00) (paddle turn, use left foot for momentum)

[73-80] R fwd, hold & shimmy, L Fwd, hold & shimmy, kick R across L, Step R, cross/step L ball, full turn R hitching R

- 1-4 Step R fwd, Hold and shimmy shoulders, Step L fwd, Hold and shimmy shoulders (6.00)
option – Chug& shimmy slightly fwd x 4
- 5-8 Kick right across left, step right to right side, cross/step ball of left over right, unwind a full turn right on ball of left hitching right knee to restart (count 8 is like a spiral turn) (6.00)

RESTART

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