

Control Again

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Leonard Hage (NL) - March 2015
音樂: Til I Gain Control Again - Blue Rodeo : (Album: Five Days In July)



Intro: 16 Count

(1-8) □ □ CROSS ROCK, RECOVER, BALL CROSS, SIDE, BACK ROCK, RECOVER, KICK-BALL-CROSS

1-2 Cross rock R over L, Recover on L
&3-4 Step R to right side, Cross L over R, Step R to right side
5-6 Rock back on L, Recover on R
7&8 Kick L forward, Step ball of L next to R, Cross R over L

(9-16) □ □ SIDE ROCK, RECOVER, SAILOR 1/4 TURN, STEP, PIVOT 1/2 TURN, WALK, WALK

1-2 Left side rock, Recover on R
3&4 Step L behind R, 1/4 turn left on R, Step L next to R (9.00)
5-6 Step forward on R, Pivot 1/2 turn left (3.00)
7-8 Walk forward R, Walk forward L

(17-24) □ □ FWD ROCK, RECOVER, COASTER STEP, STEP, 1/4 PIVOT TURN, CROSS SHUFFLE

1-2 Rock R forward, Recover onto L
3&4 Step back on R, Step L next to R, Step forward on R
5-6 Step forward on L, Pivot 1/4 turn right (6.00)
7&8 Cross L over R, Step R to right side, Cross L over R

(25-32) □ □ FIGURE OF EIGHT

1-4 Step R to right side, Cross L behind R, 1/4 turn right R step forward, Step forward on L,
5-8 Pivot 1/2 turn right, 1/4 turn right step L to left side, Cross R behind L, 1/4 turn left step L
 forward (3.00)

(33-40) □ □ SIDE, TOGETHER, SCISSOR CROSS, FORWARD ROCK, RECOVER, LEFT SHUFFLE 1/2 TURN LEFT

1-2 Step R to right side, Step L beside R
3&4 Step R to right side, Step L beside R, Cross R over L
5-6 Rock forward on L, Recover on R
7&8 Left shuffle making 1/2 turn left stepping L-R-L (9.00)

(41-48) □ □ FULL TURN, FWD SHUFFLE, ROCK, RECOVER, SAILOR 1/4 TURN LEFT

1-2 Turn 1/2 left step R back, Turn 1/2 left step L forward (9.00)
3&4 Shuffle forward stepping R-L-R
5-6 Rock forward on L, Recover on R
7&8 Step L behind R, 1/4 turn left on R, Step L next to R (6.00)

(49-56) □ □ R/L FWD CROSS POINTS, 1/4 RIGHT JAZZBOX CROSS

1-2 Cross R over L, Point L to left side
3-4 Cross L over R, Point R to right side
5-8 Cross R over L, Step back on L, 1/4 turn right step R to right side, Cross L over R (9.00)

(57-64) □ □ SIDE, TOGETHER, RIGHT CHASSE, CROSS ROCK, RECOVER, LEFT CHASSE

1-2 Step R to right side, Step L beside R
3&4 Step R to right side, Close L beside R, Step R to right side
5-6 Rock L across R, Recover on R
7&8 Step L to left side, Close R beside L, Step L to left side

START AGAIN

ENDING: □ To end dance facing front - change count 3&4 (section 8) to: Step R to right, Close L beside R, 1/4 turn left step R back (12.00)

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