Took Control

拍數: 32

級數: Intermediate



音樂: Control - Zoe Wees

Intro: 16 counts

S1: STEP BACK RIGHT SWEEPING LEFT, STEP BACK LEFT TOUCH, STEP FORWARD, PIVOT ½ TURN RIGHT X 2, RUNS FORWARD, FORWARD ROCK/RECOVER, RUNS BACK

- 1&2 Step back on right, sweeping left out and back, step back on left
- &3 Touch right toe next to left, step forward on right
- &4&5 Step forward on left, ½ pivot turn right, step forward on left ½ pivot turn right
- 6& Run forward on left, run forward on right
- 7 Rock forward on left
- 8& Run back right, run back on left (12:00)

S2: STEP BACK TOUCH, STEP FORWARD, ¾ TURN LEFT, RIGHT TOUCH, ¼ TURN RIGHT, FULL TURN RIGHT WITH SWEEP, WEAVE SWEEP, BEHIND SIDE

- 1& Step back on right (leaning slightly back), touch left next to right
- 2& Step forward on left, ¹/₂ turn left stepping back on right (6:00)
- 3& ¹/₄ turn left stepping left to left side, touch right toe next to left dipping down slightly (3:00)
- 4&5 1⁄4 turn right stepping forward on right, 1⁄2 turn right stepping back on left, 1⁄2 turn right stepping forward on right sweeping left out and forward (6:00)
- 6&7 Cross left over right, step right to right side, cross left behind right sweeping right out and back
- 8& Cross right behind left, step left to left side

(RESTART HERE ON WALL 2 MAKING A ½ TURN LEFT ON YOUR LEFT FOOT TO RESTART AT 9:00)

S3: CROSS ROCK/RECOVER, STEP SIDE LIFT/RECOVER, JAZZ BOX, FULL SPIRAL, STEP FORWARD, 1/4 PIVOT TURN HITCH, CROSS ROCK/RECOVER

- 1&2& Cross rock right over left, recover back, step right to right side lifting left foot of floor to side, step left foot down
- 3&4& Cross right over left, step back on left, step right to right side, step forward on left
- 5 Step forward on right spiralling a full turn over left shoulder
- 6&7 Step forward on left, step forward on right, ¹/₄ pivot turn left hitching right knee up and over (3:00)
- 8& Cross rock right over left, recover back on left

S4: STEP SIDE RIGHT TOUCH, SIDE TOGETHER FORWARD, TOUCH BEHIND, BACK TOGETHER BACK SWEEP, BACK SWEEP, BACK ROCK/RECOVER, FULL TURN, ½ TURN

- 1& Step right to right side, touch left next to right
- 2& Step left to left side, step right next to left
- 3& Step forward on left, touch right toe behind left
- 4& Step back on right, step back on left
- 5-6 Step back on right sweeping left out and back, step back on left sweeping right out and back
- 7& Rock back on right, recover on left
- 8& $\frac{1}{2}$ turn left stepping back on right, $\frac{1}{2}$ left stepping forward on left (3:00) Make another $\frac{1}{2}$ turn left on your left foot to start the dance again (9:00)

Start again





牆數:4