

Take Control

拍數: 64 牆數: 2 級數: Improver
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音樂: Take Control - Jaimeson



SIDE CLOSE, SIDE CLOSE SIDE, CROSS MAMBOS TWICE

1-2 Step right foot to right side, step left foot next to right
3&4 Step right foot to right side, close left next to right, step right to right side
5&6 Rock left foot behind right, recover on right, step left to left side
7&8 Rock right foot behind left, recover on left, step right to right side

SIDE, BEHIND, SYNCOPATED CROSS TWICE, POINT, CROSS, UNWIND, HOLD

1-2 Step left foot to left side, step right foot behind left
&3 Step down on left foot and cross right foot over left
&4 Step down on left foot and cross right foot behind left
5-6 Point left toe to left side, cross left toe over right
7&8 Unwind ½ turn over right shoulder, hold for one beat while clapping hands twice

TOE HEEL TOUCH, COASTER STEP, BACK ROCK, ROCK AND CROSS

1&2 Touch right toe forward, touch right heel forward, touch right toe in place
3&4 Step back on right foot, step back on left, step right foot forward
5-6 Rock back on left foot, recover on right
7&8 Rock left foot to left side, step down on right and cross left over right

GRAPEVINE RIGHT WITH TOUCH, ROLLING VINE LEFT WITH TOUCH

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, touch left next to right
5-6 Turn ¼ turn left stepping on left, turn ½ turn left stepping back on right
7-8 Turn ¼ turn left stepping on left, touch right next to left

HEEL SWITCHES, HOLD, HIP BUMPS, SIDE CLOSE SIDE

1&2 Extend right toe to right side, switch left toe to left side
&3 Extend right toe to right side
&4 Hold for one beat while clapping hands twice
5-6 Bump right hip to right side, bump left hip to left side
7&8 Step right to right side, step left next to right, step right to right side

CROSS AND HEEL, CROSS, UNWIND, SYNCOPATED JUMP, HOLD, BUMP HIPS

1&2 Cross left foot over right, step down on right, extend left heel to left side
&3 Step down on left foot, cross right over left
4 Unwind ½ turn over left shoulder
&5 Syncopated jump back stepping back on right, back on left
6 Hold for one beat while clapping hands once
7&8 Bump hips to right side, left side, right side

BEHIND SIDE CROSS, SIDE, TURN, COASTER STEP, ROCK AND CROSS

1&2 Step left foot behind right, step right to right side, cross left over right
3-4 Step right foot to right side, turn ¼ left stepping back on left
5&6 Step back on right, step back on left, step forward on right
7&8 Rock left foot to left side, recover on right, cross left over right

BOOGIE WALKS, CROSS BACK SIDE, CROSS TURN STEP, COASTER STEP

- 1-2 Walk forward on right foot, left foot (with attitude)
3&4 Cross right foot over left, step back on left, step right to right side
5-6 Cross left foot over right, turn $\frac{1}{4}$ left stepping back on right
7&8 Step back on left foot, step back on right, step left forward

REPEAT
