

# Take Control

COPPERKNOB  
STEP SHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Talisa Jarrett (UK)  
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**

---