

# Take Control

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Dee Musk (UK)  
音樂: Take Control - Amerie



## LEFT, RIGHT SHOULDER POPS, TOGETHER KICK, CROSS BACK SIDE, CROSS TOUCH, HIP BUMPS WITH ¼ LEFT

1&2&      Raise and pop left shoulder, raise and pop right shoulder, step left beside right, kick right to right diagonal  
3&4      Cross step right over left, step back on left, step right to side  
5-6      Cross step left over right, touch right toe to right diagonal  
7&8      Bump hips right, bump hips left, turn ¼ right and step right foot in place (9:00)

## STEP ¼ REVERSE TURN LEFT, ¼ REVERSE TURN LEFT CROSS, TOUCH HITCH TOUCH, CROSS TOUCH

1-2      Step forward on left, turn ¼ turn left and touch right to side  
3-4      Turn ¼ turn left and touch right to side, cross step right over left  
5&6      Touch left toe to side, hitch left leg, touch left toe to side  
7-8      Cross step left over right, touch right toe to right diagonal (3:00)

## HEEL TWIST BACK FLICK, CROSS ¼ TURN RIGHT, ¼ TURN RIGHT STEP FORWARD STEP SIDE, HOLD TOGETHER SIDE

1&2      Twist right heel out, twist right heel in, turn 1/8 left and flick right foot back

### Square up to wall

3-4      Cross step right over left, turn ¼ right and step back on left  
5-6      Turn ¼ right and step forward on right, step left to side  
7&8      Hold, step right beside left, step left to side (9:00)

## RIGHT AND LEFT KNEE POPS, HOLD TOGETHER STEP, BRUSH HITCH BACK TOUCH, ½ TURN RIGHT, ½ TURN RIGHT

&1&2      Pop right knee in, return right knee to neutral, pop left knee in, return left knee to neutral  
3&4      Hold, step right beside left, step forward on left  
5&6      Brush right forward, hitch right knee, touch right toe back  
7-8      Turn ½ turn right and step right in place, turn ½ turn right and step left foot back (9:00)

## BACK BACK HOLD, TOGETHER STEP TOUCH, HEEL TWIST HITCH, TOGETHER TOUCH HITCH CROSS

&1-2      Step back right, step side left, hold  
&3-4      Step right beside left, step forward on left, touch right toe forward  
5&6      Twist right heel out, return right heel to neutral, hitch right knee  
&7&8      Step right beside left, touch left toe to side, hitch left knee, cross step left over right (9:00)

## SIDE TOUCH, CHASSE ¼ TURN LEFT, FULL BOX TURN LEFT

1-2      Step right to side, touch left beside right  
3&4      Step left to side, close right beside left, turn ¼ turn left and step forward on left  
5-6      Turn ¼ turn left and step right to side, turn ¼ turn left and step left to side  
7-8      Turn ¼ turn left and step right to side, turn ¼ turn left and step left to side (6:00)

Restarts from here on walls 2 & 4

## HEELS, TOES, HEELS (TRAVELING LEFT), BACK ROCK TOUCH OUT TOUCH IN, SIDE STEP DRAG TOGETHER CROSS UNWIND ½ TURN LEFT

1&2 Swivel left toe and right heel to the left, swivel left heel and right toe to the left, swivel left toe and right heel to the left

**Weight on left**

3&4& Cross rock right behind left, recover weight to left, touch right toe to side, touch right toe beside left

5-6& Step right to side, drag left beside right, step left beside right

7-8 Cross step right over left, unwind ½ turn left (12:00)

**LEFT MAMBO FORWARD, RIGHT MAMBO BACK, CROSS UNWIND ½ TURN RIGHT, OUT OUT HIP PUSH**

1&2 Rock forward on left, recover to right, step back on left

3&4 Rock back on right, recover to left, step forward on right

5-6 Cross step left over right, unwind ½ turn right

&7-8 Step right to side, step left to side, push hips to left (6:00)

**REPEAT**

**RESTART**

On walls 2 & 4 (both facing 12:00), dance up to count 48 then start from count 1

**ENDING**

End facing 12:00 wall and on last count of the box turn, feet should be shoulder width apart. Drop your head for a big finish on the word hey

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