

Under Control

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK)
音樂: Little Secret - Rachel Stevens



FORWARD ROCK & TOUCH ACROSS, LEFT LOCK STEP FORWARD, TOUCH OUT, MONTEREY $\frac{3}{4}$ TURN RIGHT, CHASSE LEFT

- 1& Rock forward on ball of left, rock back on right
- 2 Touch left toe across right foot - bend knees & dip down slightly - pushing hips back
- 3&4 Step forward on left, lock right behind left, step forward on left
- 5-6 Touch right toe out to right side, pivot $\frac{3}{4}$ turn right stepping right beside left
- 7&8 Step left to left side, close right beside left, step left to left side - leaving right toe right

ROCK BEHIND & TOUCH, ROCK ACROSS & TOUCH, RIGHT SAILOR $\frac{1}{4}$ TURN RIGHT, FORWARD ROCK

- 1&2 Cross rock ball of right behind left, rock forward on left, touch right toe out to right side
- 3&4 Cross rock ball of right over left, rock back on left, touch right toe out to right side
- 5&6 Cross right behind left turning $\frac{1}{4}$ turn right, step left beside right, long step forward on right
- 7-8 Rock forward on left, rock back on right

LEFT LOCK STEP BACK, TRIPLE STEP $\frac{1}{2}$ TURN RIGHT, SIDE ROCK & CROSS, SIDE ROCK & TOUCH

- 1&2 Step back on left, lock right across left, step back on left
- 3&4 Triple step turning $\frac{1}{2}$ turn right stepping right, left, right, (optional: 1 $\frac{1}{2}$ turns right)
- 5&6 Rock left out to left side - pushing hips left, recover weight on right, cross step left over right
- 7& Rock right out to right side - pushing hips right, recover weight on left
- 8 Touch right toe beside left - popping right knee in across left

SIDE ROCK & CROSS, SIDE STEP LEFT, SLIDE, $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ TURN RIGHT, RIGHT COASTER STEP

- 1&2 Rock right out to right side - pushing hips right, recover weight on left, cross step right over left
- 3-4 Long step left to left side, slide right towards left ending with a touch
- 5-6 Turn $\frac{1}{4}$ turn right stepping forward on right, turn $\frac{1}{2}$ turn right stepping back on left
- 7&8 Step back on right, step left beside right, step forward on right

Restart point on wall 5 (facing 3:00)

DIAGONAL STEP LOCK & TOUCH, $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ TURN RIGHT, CHASSE $\frac{1}{4}$ TURN RIGHT, LEFT FORWARD MAMBO

- 1-2 Step left diagonally forward left, lock right behind left
- &3 Step left diagonally forward left, touch right beside left
- 4-5 Turn $\frac{1}{4}$ turn right stepping forward on right, turn $\frac{1}{2}$ turn right stepping back on left
- 6&7 Turn $\frac{1}{4}$ turn right stepping right to right side, close left beside right, step right to right side
- 8&1 Turning to face right diagonal, rock forward on left, rock back on right, step back on left

RIGHT LOCK STEP BACK, $\frac{1}{4}$ TURN LEFT, $\frac{1}{2}$ TURN RIGHT, LEFT LOCK STEP FORWARD, PIVOT/SPIN $\frac{3}{4}$ TURN RIGHT

- 2&3 Still on diagonal, step back on right, lock left across right, step back on right
- 4 On ball of right pivot $\frac{1}{4}$ turn left stepping onto left foot - popping right knee forward
- 5 Pivot $\frac{1}{2}$ turn right (taking weight on right) - popping left knee forward, (facing 6:00)
- 6&7 Step slightly forward on left, lock right behind left, step slightly forward on left
- 8 Pivot/spin $\frac{3}{4}$ turn right, (weight ends on right) (facing 3:00)

REPEAT

RESTART

When dancing to the music "little secret" a restart is needed on wall 5. Dance to count 32. Then start the dance again from the beginning, (you will be facing 3:00 wall)
