Control Me

拍數: 32

級數: Improver

編舞者: Joey Warren (USA)

音樂: Let's Dance - Vanessa Hudgens

&-STEP, TOUCH TWICE, &-TOUCH, WEAVE WITH TOUCH, STEP, 1/4 TURN

- &1-2 Take small step back on right, step forward on left, touch right toe forward
- 3&4 Touch right toe to right side, step right beside left, touch left toe out to left side
- &5 Step left beside of right, cross right over left
- &6 Step left out to left side, touch right toe behind left foot
- 7-8 Step right out to right side, ¼ turn left keeping weight on right foot

DOROTHY STEPS TWICE, ROCK-RECOVER-SHUFFLE ½ TURN

- &1-2 Step left back to right, step right diagonally forward to the right, step left beside right
- &3-4 Step right foot back, step left diagonally forward to left, touch right beside left
- 5-6 Rock forward on right foot, recover back on left
- 7&8 Shuffle right, left, right while completing ¹/₂ turn to the right

1⁄4 TURN, CROSS & TOUCH, CROSS & STEP, 1⁄4 TURN, BODY POPS TWICE

- 1&2 ¹⁄₄ turn right (on ball of right foot) touch left to left side, step left beside right, touch right heel across left
- &3 Step right foot back out to right, touch left out to left side
- &4 Step left beside right, place right heel across and in front of left
- &5 Step right foot out to right, ¹/₄ turn left touching left forward (pop upper body up)
- 6-7-8 Pop body back, pop upper body forward, pop body back

On the cross touches; travel to the left as you do them

& WALK X 4 WITH ¼ TURN, OUT-OUT, &-TOUCH, &-STEP, ¾ TURN LEFT

- &1 Step left foot out to left side, ¼ turn right stepping right forward
- 2-3-4 Walk forward left, right, left
- &5 Step right foot out to right side, step left foot out to left side
- &6 Step right foot back to center, touch left toe forward
- &7 Step left foot back to right foot, step right foot forward
- 8 ³⁄₄ turn to left stepping down on the left foot after you complete ³⁄₄ turn

Do the turn on the ball of your right foot, when you finish step down on left)

REPEAT

TAG

At the end of the 1st and 3rd walls, facing 3:00 and 9:00

- &1-2 Take step back on right, step left forward, touch right toe to right side
- 3-4 Step right foot over left, touch left to left side
- 5-6 Step left foot over right, touch right to right side
- 7-8 Step right over left, touch left out to left side

Travel forward as you do those, and give it attitude

- 1-2 Rock forward on the left foot, recover back on the right
- 3-4 Step back on the left foot, touch right beside of left
- 5-6 Walk back right, left
- 7-8 ¹/₂ turn right stepping right forward, ¹/₂ turn left stepping left back





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牆數: 4