Control Of Me



拍數: 32 牆數: 4 級數: Intermediate

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音樂: Damn - Omarion



1 LF Step to the left and graph with L.hand vour shirt 2 Pull yourself to the left side and lift R.leg 3 RF Cross behind LF & LF Small step to the left 4 RF Small step to the right 5 LF Cross behind RF & RF Small step to the right 6 LF Small step to the left 7 Hold & 8 Bend both knees forward and back

Side, together, side, slap back, side, slap back, ½ turn left with sweep and hitch. 1 LF Step to the left 2 RF Step together 3 LF Step to the left 4 RF Hook behind L.leg and with L.hand slap RF 5 RF Step to the right 6 LF Hook behind R.leg and with R.hand slap LF 7 LF Step to the left

8 LF Make ½ turn left on LF, meanwhile sweep around RF with hitch

Together, hitch, walks forward. hitch, step back, jump, jump ½ turn left. 1 RF Step next to LF 2 LF Hitch L.knee 3 LF Step forward & RF Step forward 4 LF Step forward 5 RF Hitch R.knee 6 RF Step back 7 LF Jump with both feet backwards 8 LF Jump high while making 1/2 turn left

Bounce twice with 1/4 turn left, walk fwd, together, bounce twice, ½ turn left, ½ turn left. 1 LF Bend both knees forward and back 2 LF Make 1/4 turn left and bend both knees fwd and back 3 RF Step forward & LF Step forward 4 RF Step together 5 RF Bend both knees forward and back, lift L.arm 6 RF Bend both knees forward and back, lift

L.arm

7 LF Make ½ turn left and step LF forward 8 RF Make ½ turn left and step RF together

Enjoy the dance and have fun