

# Loosin' Control

**COPPER** **KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Steve Rutter (UK) - March 2005  
音樂: Caught Up - Usher : (single or Confessions album)



**Section 1-Step  
Back, Toe Tap,  
Left Kick Ball-  
Touch With  $\frac{1}{4}$   
Turn Left,  
Cross, Side  
Rock, Cross,  
Unwind  $\frac{3}{4}$  Turn  
Right, Side  
Step.**

1-2 Step back  
on right, tap left  
toe across  
right.

3&4 Kick left  
forward, step  
left beside right,  
make a quarter  
turn left  
touching right  
toe to right  
side.

5&6 Cross right  
over left, rock  
left to left side,  
recover weight  
onto right.

7&8 Cross left  
over right,  
unwind a three-  
quarter-turn  
right, step right-  
to-right side.

**Section 2-  
Crossing  
Mambo Rock,  
Cross, Unwind  
Full Turn Left,  
Right Vine, Toe  
Touch, Side  
Step, Cross,  
Unwind  $\frac{1}{2}$  Turn  
Left.**

9&10 Cross  
rock left over  
right, recover  
weight back  
onto right, step  
left-to-left side.

11&12 Cross  
right over left,  
unwind a full  
turn left, step  
right-to-right  
side.

13&14 Cross  
left behind right,  
step right-to-  
right side, touch  
left toe forward  
and across  
right.

& Step left-to-  
left side.

15-16 Cross  
right over left,  
unwind a half  
turn left (weight  
ending on left).

**Section 3-Side  
Step, Cross  
Behind, Side  
Rock & Cross,  
Toe Touch, Flick  
Back With  $\frac{1}{4}$   
Turn Left, Toe  
Touch, Weave.**

17-18 Step right  
to right side,  
cross left behind  
right.

19&20 Rock  
right-to-right  
side, recover  
weight onto left,  
cross right over  
left.

21&22 Touch  
left toe to left  
side, Making a  
quarter turn left  
flick left foot  
behind right  
knee, touch left  
toe to left side.

23&24 Cross  
left behind right,  
step right-to-  
right side, cross  
left over right.

**Section 4-Toe  
Switches, Hitch,  
 $\frac{3}{4}$  Turn Right,  
Coaster Touch,  
 $\frac{1}{4}$  Turn Right,  
Cross, Unwind  
 $\frac{3}{4}$  Turn Right.**

25&26 Touch  
right toe to right  
side, close right  
beside left,  
touch left toe to  
left side.

&27 Close left  
beside right,  
touch right toe  
to right side.

&28 Hitch right  
knee, on ball of  
left spin a three-  
quarter-turn  
right.

29&30 Step  
back on right,  
close left beside  
right, touch right  
toe to right  
side.

31&32 Make a  
quarter turn  
right stepping  
right to right  
side, cross left  
over right,  
unwind a three-  
quarter-turn  
right.

**Restart (Sorry,  
It Wouldn't Be  
My Dance  
Without It!!)**

On wall 4 restart  
dance after 16  
counts (Cross,  
Unwind a half  
turn left).

**Begin Again.**

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