

In Control

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - December 2008
音樂: Up - The Saturdays : (CD: Single)



Intro: 32 Counts start on words

Cross. Quarter. Coaster Step. Step. Half. Shuffle Half.

1-2 Cross R over L, Quarter turn R (facing 3:00) Step back on L.
3&4 Step back on R. Step L beside R. Step forward on R.
5-6 Step forward on L, Half turn L (facing 9:00) Step back on R.
7&8 Shuffle half turn L - LRL (facing 3:00).

***** Restart here on wall 10 (facing 12:00)**

Cross. Back. Ball Cross (x3). Side. Behind. Side. Heel.

1-2 Cross R over L, Step back on L.
&3&4&5 Step R beside L, Cross L over R, Step R beside L, Cross L over R, Step R beside L, Cross L over R.
6 Step R to side.
7&8 Cross L behind R, Step R to side, Tap L heel to L diagonal.

Ball Cross. Quarter. Shuffle Half. Mambo Quarter. Cross Shuffle.

&1-2 Step L beside R, Cross R over L, Quarter turn R (facing 6:00) Step back on L.
3&4 Shuffle half turn R - RLR (facing 12:00).
5&6 Rock forward on L, Recover weight to R, Quarter turn L (facing 9:00) Step L to side.
7&8 Cross R over L, Step L to side, Cross R over L.

Quarter. Half. Pivot Quarter. Cross. Side. Sailor Step.

1-2 Quarter turn R (facing 12:00) Step back on L, Half turn R (facing 6:00) Step forward on R.
3-4 Step forward on L, Pivot Quarter turn R (facing 9:00).
5-6 Cross L over R, Step R to side.
7&8 Cross L behind R, Step R to side, Step L beside R.

Start Again
