

Not In Control

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mike Hitchen (UK) - May 2009
音樂: Release Me (UK Radio Edit) - Agnes Carlsson



Start After 64 Count Intro - (2 Restarts Walls 2 & 5 After 16 Counts **R**)

Side Together Shuffle ¼ Turn Rock Step. Step Lock Step

1-2 Step Right To Right Step Left Together
3&4 Step Right To Right Step Left Together Step Right ¼ Turn Right
5-6 Rock Forward On Left Recover On Right
7&8 Step Left Back Lock Right Over Left Step Left Back

Touch Right Back ½ Turn Behind Side Cross Rock Step Behind Side Cross

1-2 Touch Right Toe Back Pivot ½ turn Right Weight On Left Sweep Right Round
3&4 Step Right Behind Left Step Left To Side Cross Step Right Over Left
5-6 Rock left To Side Recover To Right
7&8 Step Left Behind Right Step Right To Side Cross Step Left Over Right **R**

Walk Walk Right Shuffle Step Turn Shuffle ½ Turn

1-2 Walk Forward Right Walk Forward Left
3&4 Step Right Forward Step Left Together Step Right Forward
5-6 Step Left Forward Pivot ½ Turn Right
7&8 Shuffle 1/2 Turn Right -On LRL

Shuffle 1/2 Turn Left Shuffle Shuffle ½ Turn Coaster Step

1&2 Shuffle 1/2 Turn Right-On RLR
3&4 Shuffle Forward On LRL
5&6 Shuffle ½ Turn Left On RLR
7&8 Step Left Foot Back Step Right Together Step left Foot Forward

Skate Skate Right Shuffle Rock Step ¾ Triple Turn

1&2 Skate Right Forward Skate Left Forward
3&4 Shuffle Forward On RLR
5-6 Rock Forward On Left Recover On Right
7&8 ¾ Triple Turn Left On LRL

Rock Step Coaster Cross Side Rock Sailor ¼ Turn Left

1-2 Rock Forward On Right Recover On Left
3&4 Step Right Back Step Left Together Step Right Across Left
5-6 Rock Left To Left Side Recover On Right
7&8 Cross Step Left Behind Right Make ¼ Turn left Stepping Right Back Step Left Foot Forward

Skate Skate Right Shuffle Rock Step ¾ Triple Turn

1-2 Skate Right Forward Skate Left Forward
3&4 Shuffle Forward On RLR
5-6 Rock Forward On Left Recover On Right
7&8 ¾ Triple Turn Left On RLR

Rock Step Coaster Cross Side Rock Sailor ¼ Turn

1-2 Rock Forward On Right Recover On Left
3&4 Step Right Back Step Left Together Step Right Across Left

5-6 Rock Left To Left Side Recover On Right

7&8 Cross Step Left Behind Right Make $\frac{1}{4}$ Turn Left Stepping Right Back Step Left Foot Forward

Happy Dancing
