

# 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**

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