

Out Of Control

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Jan Wyllie (AUS) - September 2009
音樂: Till I Gain Control Again - Crystal Gayle



Choreo September 09 especially for Ilse Hamers from Holland who sent me the music
16 count intro, starts 2 beats before vocals

Rock Fwd Back, Coaster Back, Shuffle Fwd, Walk Fwd RL

1,2,3&4 Rock/step fwd on R, Rock back on L, Step back on R, Step L beside R, Step fwd on R
5&6,7,8 Shuffle fwd L,R,L, Walk fwd RL

Touch Fwd Hold, 1/4 Rock Replace, Sailor Step, Behind Side Across

9,10 Touch R toe fwd, Hold
11,12 Making 1/4 turn right rock/step R to right side, Rock/replace wt sideways onto L
13&14 Step R behind L, Step L to left, Step R to right (sailor)
15&16 Step L behind R, Step R to right, Step L across R

Side Slide Together, Rock Left Right, Behind Side Across, Side Slide Together

17,18 Big step to right on R, Slide L to right
19,20 Rock/step L to left, Rock/replace wt sideways onto R
21&22 Step L behind R, Step R to right, Step L across R
23,24 Big step R on R, Slide L to right

Side Rock Replace, 1/4 Coaster Step, Heel Fwd Hook Fwd, &Step Fwd

25,26 Rock/step L to left, Rock/replace wt sideways onto R
27&28 Step L behind R, Making 1/4 left step R beside L, Step fwd on L (1/4 coaster)
29,30,31 Touch R heel fwd, Touch R heel to L shin, Touch R heel fwd
&32 Step R beside L, Step fwd on L

Rock Fwd Back, Coaster Back, Shuffle Fwd, 1/2 Turn Shuffle

33,34 Rock/step fwd on R, Rock back on L
35&36 Step back on R, Step L beside R, Step fwd on R (coaster)
37&38, 39&40 Shuffle fwd L,R,L, Making 1/2 left shuffle back R,L,R

Rock Back Fwd, Step Fwd Touch, Step Fwd Touch, Bump Hips Left Right

41,42 Rock/step back on L, Rock fwd on R
43,44 Step L fwd and slightly left, Touch R beside L
45,46 Step R fwd and slightly right, Touch L beside R
47,48 Bump Hips left taking wt on L, Bump Hips right taking wt on R

Side Rock Replace, Cross Shuffle, Side Rock Replace, Cross Shuffle

49,50 Rock/step L to left, Rock/replace wt sideways onto R
51&52 Cross/shuffle right stepping L,R,L
53,54 Rock/step R to right, Rock/replace wt sideways onto L
55&56 Cross/shuffle left stepping R,L,R

Side Rock Replace, 1/4 Coaster Step, Step Pivot 1/2, Step Pivot 1/4

57,58 Rock/step L to left, Rock/replace wt sideways onto R
59&60 Making 1/4 left step back on L, Step R beside L, Step fwd on L (1/4 coaster)
61,62 Step fwd on R, Pivot 1/2 left transferring wt to L
63,64 Step fwd on R, Pivot 1/4 left transferring wt to R

Email: janwyllie@inet.net.au Web Site: <http://www.members.inet.net.au/~janwyllie/>
