

A Little Outta Control

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Ultra Beginner
編舞者: Gail Smith (USA) - February 2013
音樂: Outta Control (Original Radio Edit) (feat. Francisco) - De-Lano



INTRO: 32 Counts - Start on Lyrics

HEEL SPLITS (X2), R HEEL - TOE TOUCHES (X2)

- 1 - 2 Swivel both heels apart, swivel both heels together
- 3 - 4 Swivel both heels apart, swivel both heels together
- 5 - 6 Touch R heel FWD, touch R toe next to L
- 7 - 8 Touch R heel FWD, touch R toe next to L (12:00)

DIAGONAL STEP TOGETHER FWD R with CLAPS (X 4) (Use your hips)

- 1 - 2 Step R FWD diagonal, step (or slide) L next to R & CLAP
- 3 - 4 Step R FWD diagonal, step (or slide) L next to R & CLAP
- 5 - 6 Step R FWD diagonal, step (or slide) L next to R & CLAP
- 7 - 8 Step R FWD diagonal, touch L next to R & CLAP (1:00)

L GRAPEVINE w 1/4 TURN, SCUFF, ROCKING CHAIR

- 1 - 2 L step to side, step R crossed behind (9:00)
- 3 - 4 Turn 1/4 left and step FWD, scuff R
- 5 - 6 Rock R FWD, recover on L
- 7 - 8 Rock R backward, recover on L (9:00)

SHIMMIES RIGHT & LEFT

- 1 & 2 Step R to side and shake shoulders (or whatever you want)
- 3 - 4 Step L together, hold and Clap
- 5 & 6 Step L to side and shake shoulders (or whatever you want)
- 7 - 8 Step R together, hold and Clap (9:00)

REPEAT

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