

Take Control

Count: 32

Wand: 4

Ebene: Improver hip hop

Choreograf/in: Signature X

Musik: Take Control - Amerie



Start the dance by facing 3:00, moving sideways towards 12:00

HITCH-CROSS & SIDE STEPS TWICE

- &1 Hitch right up, step right down crossing over left
- 2 Step left to left side (towards 12:00)
- &3 Repeat &1
- 4 Repeat 2

Continue facing 12:00 on 5-8

CLOSE RIGHT, OPEN BOTH FEET, HOLD

- 5 Close right next to left, body facing 12:00 now
- 6 Open both feet to should width in standing position
- 7-8 Hold (option: should shimmy twice)

PENDULUM SWING, WALK BACK WITH TRICEPS PUSHES BACK X4

- 1-2 Swing both hand to left, swing both hands to right (like a pendulum)
- 3-4 Repeat 1-2
- 5-6 Step right back, step left back (with both hands' triceps pushes back at shoulder level)
- 7-8 Repeat 5-6

RIGHT ROCK CLOSE, LEFT ROCK CLOSE, ¼ RIGHT LEFT SLIDE FORWARD, CLOSE RIGHT, HOLD, SLIGHT JUMP

- 1-2 Step right to right side with weight on the right, close right beside left
- 3-4 Step left to left side with weight on the left, close left beside right
- 5-6 Step left ¼ turn right to left side, close right next to left (facing 3:00)
- 7 Hold
- 8 Both feet slight jump off the ground

Still facing 3:00

LUNGES TWICE, SLIDE LEFT, ¼ TURN LEFT CLOSE RIGHT, BOUNCE X4

- 1 Lunge right (jump up with left foot front and right foot back)
- 2 Lunge left (jump up with right foot front and left foot back)
- 3-4 Slide left to left side, close right beside left with ¼ turn left body facing back to 12:00 now)
- 5-8 Bounce both feet on the spot x4

REPEAT