

Loosin' Control

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Intermediate/Advanced



Chorégraphe: Steve Rutter (UK) - March 2005

Musique: Caught Up - Usher : (single or Confessions album)

Section 1-Step
Back, Toe Tap,
Left Kick Ball-
Touch With $\frac{1}{4}$
Turn Left,
Cross, Side
Rock, Cross,
Unwind $\frac{3}{4}$ Turn
Right, Side
Step.

1-2 Step back
on right, tap left
toe across
right.

3&4 Kick left
forward, step
left beside right,
make a quarter
turn left
touching right
toe to right
side.

5&6 Cross right
over left, rock
left to left side,
recover weight
onto right.

7&8 Cross left
over right,
unwind a three-
quarter-turn
right, step right-
to-right side.

Section 2-
Crossing
Mambo Rock,
Cross, Unwind
Full Turn Left,
Right Vine, Toe
Touch, Side
Step, Cross,
Unwind $\frac{1}{2}$ Turn
Left.

9&10 Cross
rock left over
right, recover
weight back
onto right, step
left-to-left side.

11&12 Cross
right over left,
unwind a full
turn left, step
right-to-right
side.

13&14 Cross
left behind right,
step right-to-
right side, touch
left toe forward
and across
right.

& Step left-to-
left side.

15-16 Cross
right over left,
unwind a half
turn left (weight
ending on left).

**Section 3-Side
Step, Cross
Behind, Side
Rock & Cross,
Toe Touch,Flick
Back With $\frac{1}{4}$
Turn Left, Toe
Touch, Weave.**

17-18 Step right
to right side,
cross left behind
right.

19&20 Rock
right-to-right
side, recover
weight onto left,
cross right over
left.

21&22 Touch
left toe to left
side, Making a
quarter turn left
flick left foot
behind right
knee,touch left
toe to left side.

23&24 Cross
left behind right,
step right-to-
right side, cross
left over right.

**Section 4-Toe
Switches, Hitch,
 $\frac{3}{4}$ Turn Right,
Coaster Touch,
 $\frac{1}{4}$ Turn Right,
Cross,Unwind
 $\frac{3}{4}$ Turn Right.**

25&26 Touch
right toe to right
side, close right
beside left,
touch left toe to
left side.

&27 Close left
beside right,
touch right toe
to right side.

&28 Hitch right
knee, on ball of
left spin a three-
quarter-turn
right.

29&30 Step
back on right,
close left beside
right, touch right
toe to right
side.

31&32 Make a
quarter turn
right stepping
right to right
side, cross left
over right,
unwind a three-
quarter-turn
right.

**Restart (Sorry,
It Wouldn't Be
My Dance
Without It!!)**

On wall 4 restart
dance after 16
counts (Cross,
Unwind a half
turn left).

Begin Again.
