

Control My Feet

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Crazy Chris (UK) - July 2008

Musique: Blame It On The Boogie - Jay Kid : (3:35)

Walk Walk, Together Together Forward, Lock Step Step Back, Touch Turn.

- 1,2, Walk Back L, R,
- 3&4 Step L Beside R, Step R Beside L, Step Forward L,
- 5&6 Lock R Behind L, Replace Weight Onto L, Step Back R,
- 7,8 Touch L Toe Back, Unwind $\frac{1}{2}$ Turn Over L Shoulder Taking Weight Onto L.

(6 o'clock)

Rock & $\frac{1}{4}$ Cross, Out Out, L Twist, Right Twist, Left Twist x2.

- 1&2 $\frac{1}{4}$ Turn L Rocking R Foot To R Side, Recover Onto L, Cross R Over L,
- 3,4 Step L Forward To L Diagonal, Step R Forward To R Diagonal, (feet should be shoulder with apart)
- &5&6 Twist L Heel Out, In, Twist R Heel Out, In,
- &7&8 Twist L Heel Out, In, Out, In. (Take Weight onto L on count 8)

(3 o'clock)

Sailor Step, Behind & In front, Rock & $\frac{1}{2}$ Rock &, $\frac{1}{2}$ Rock & Cross.

- 1&2 Step R Behind L, Step L To L Side, Step R To R Side,
- 3&4 Step L Behind R, Step R To R Side, Cross L Over R,
- 5&6& Rock R To R Side, Recover onto L, $\frac{1}{2}$ Turn Over R Shoulder Rocking R To R Side, Recover onto L,
- 7&8 $\frac{1}{2}$ Turn over L shoulder Rocking R To R Side, Recover Onto L, Cross R Over L.

(The $\frac{1}{2}$ rock turns are a little fast, please only twist your body $\frac{1}{4}$ of a turn and let your feet do the rest of the work)

(3 o'clock)

Side Behind, & Heal Ball Step, Walk Walk, Scuff Hitch Step Back.

- 1,2 Step L To L Side, Step R Behind L,
- &3&4 Step L To L Side, Dig R Heal Forward, Step R Beside L, Step L Forward,
- 5,6 Walk Forward R, Walk Forward L,
- 7&8 Scuff R Forward, Hitch R Knee, Step R Back.

(3 o'clock)

Note: Dance Finishes On Front Wall At The End Of The Dance, Please Emphasised A Big Hitch And Large Step Back To Finish.