

No Control

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa M. Johns-Grose (USA) - February 2015
音乐: No Control - One Direction : (Non-Country)



Alt. music: County Line by High Valley (Country)
Both songs available at www.amazon.com

*** RE-START, WALL 5, FACING 12:00, Dance 1-16 then Restart,
(Only WITH NON- Country, No Control by One Direction)
No re-start with country song, County Line by: High Valley

DIAG. R TOE STRUT- L CROSS TOE STRUT- R SIDE ROCK – REC L -CROSS R / HOLD

1-4 Right toe diagonal forward, drop right heel, Left toe across right, drop left heel
5-8 Rock right to right side, recover left, cross right over left, hold

DIAG. L TOE STRUT- R CROSS TOE STRUT – L SIDE ROCK – REC R- CROSS L / HOLD

1-4 Left toe diagonal forward, drop left heel, right toe across left, drop right heel
5-8 Rock left to left side, recover right, cross left over right, hold

*** RE-START HERE during wall 5, facing 12:00, with song NO CONTROL only

R RHUMBA BACK HOLD- L RHUMBA FWD HOLD

1-4 Step right to right, step left next to right, step right back, hold
5-8 Step left to left, step right next to left, step left forward, hold

R STEP FWD – L LOCK – R STEP FWD-HOLD – PIVOT ¼ R- CROSS L – HOLD

1-4 Step right forward, lock left behind, step right forward, hold
5-8 Step left forward, pivot ¼ turn right, step left across right, hold

BEGIN AGAIN

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