

It's Out Of Control

拍数: 32 墙数: 4 级数: Improver
编舞者: Kaye Thompson (UK) - July 2020
音乐: Out of Control - Gloria Tells



#16 count introduction

SECTION 1: SIDE, HOLD, CROSS ROCK, SIDE, TOGETHER, ¼ L SHUFFLE

1,2,3,4 Step R to side (1), hold (2), cross rock L over R (3), recover on R (4)
5,6 Step L to side (5), step R beside L (6),
7&8 ¼ turn L stepping L forward(7) (09:00) step R beside L (&),step L forward (8)

SECTION 2: ¼ L, HOLD, BEHIND SIDE CROSS, ROCK ¼, ¼ CROSS

1,2, ¼ turn L stepping R to side (1) (06:00), hold (2),
3&4 Step L behind R (3), step R to side (&), cross L over R (4)
5,6, Rock R to side (5), ¼ turn R taking weight back on L (09:00)
7,8 ¼ turn R stepping R to side (7) (12:00), cross L over R angling body to right diagonal (8)

****Restart here on Wall 4 facing 03:00****

SECTION 3: WALK, WALK, SHUFFLE (3/8 ARC L), STEP, SWEEP, CROSS , SIDE

1,2, Step R forward on the diagonal (1) (01:30), 1/8 turn L stepping L forward (2) (12:00)
3&4 1/8 turn L stepping R forward (3) (10:30), step L beside R (&), 1/8 turn L stepping R forward
(4) (09:00)
5,6,7,8 Step forward L (5), sweep R to front (6), cross R over L (7), step L to side (8)

SECTION 4: SLOW SAILOR R, SAILOR STEP L, CROSS ROCK, CHASSE R

1,2,3, Step R behind L (1), step L to side (2), step R to side (3),
4&5 Step L behind R (4), step R to side (&), step L to side (5)
6,7,8&1 Cross rock R over L (6), recover onto L (7), step R to side (8), step L beside R (&), step R to
side (1)