

Outta Control

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced hip hop
编舞者: Matthew Oakley (UK)
音乐: Lose Control - Missy Elliot



TRIPLE WITH ROCK, ROCK BACK, FORWARD RUN & CROSS BEHIND, STEP OUT, SHOULDER DIPS

- 1&2 Step right foot forward, step left foot to right foot, rock right foot forward
& Recover weight back to left foot
3&4 Rock back on right foot, recover weight forward to left foot, step right foot large step forward
a5 Step left foot to left side, cross right foot behind left foot
6 Step left foot out to left side
7&8 Pop left knee in and dip left shoulder down, straighten up & pull shoulder back, pop left knee in and dip left shoulder down

½ TURN LEFT, JUMP OUT, PULL IN - STEP FORWARD - REACH LEFT, ½ TURN LEFT, FLOAT, TOGETHER

- 1-2 Keep feet in place turn ½ left, jump feet apart, end in demi-plie
3&4 Slide right foot to left foot, slide right foot forward, push left arm up & out to left & look to left side
5-6 Lean back slightly & roll slowly ½ turn left
7-8 Start roll forward & continue roll out through shoulders & out to fingers, bring feet together

STEP FORWARD & TOUCH TWICE WITH ½ LEFT, JUMPING APPLEJACKS (RIGHT, LEFT, RIGHT, RIGHT)

- 1-2 Step right foot forward to right diagonal, touch left foot to right foot, turning ½ turn left
3-4 Step left foot a large step forward to diagonal, touch right foot to left foot
&5 Applejack jump out to right side, feet close
&6 Applejack jump out to left side, feet close
&7 Applejack jump to the right side, feet close
&8 Applejack jump to right side, feet close

JUMPING APPLEJACKS (LEFT, RIGHT, LEFT, LEFT), STATIONARY JUMPS (OUT, IN, IN, OUT)

- &1 Applejack jump to left side, feet close
&2 Applejack jump out to left side, feet close
&3 Applejack jump to the right side, feet close
&4 Repeat counts &3
&5-6 Jump right foot forward to right diagonal & left foot back to left diagonal, jump feet together, jump feet in place
&7-8 Repeat counts &5-6

OUT-OUT-KICK, WALK TWICE & LUNGE, PUSH BACK, SIDE WALKS WITH KNEE ACTION

- 1&2 Step right foot out to right, step left foot out to left, jump back on left foot & kick right foot forward
3&4 Walk forward with right foot, walk forward with left foot, step right foot forward into semi-lunge
5-6 Push back off right foot, stepping back on left foot
&7&8 Lift right foot & sway knees left, step right foot to right side & sway knees right, lift left foot & sway knees left, left foot to right foot & sway knees right

SYNCOPATED STEP & KNEE LIFTS, SAILOR STEP, 2 SPIRAL WALKS

- &1 Reach across body to left with right hand, step left foot forward left, pull arm back to right (elbow bent)
2& Step right foot to left foot & lift left knee, step left foot forward

- 3&4 Step right foot to left foot & lift left knee, step left foot forward, step right foot to left foot & lift left knee
- 5&6 Sailor step with left foot turning $\frac{1}{4}$ right
- 7-8 Step right foot in place turning $\frac{1}{2}$ turn right, step left foot in place turning 1 full turn right

SINGLE FOOT JUMPS X4, LUNGE ROCK RIGHT, HOP LEFT, STEP-HOP-HOP

- &1 Jump up off left foot & lift right knee, land on both feet with weight on right foot
- &2 Jump up off right foot & lift left knee, land on both feet with weight on left foot
- &3&4 Repeat counts &1&2
- 5-6 Rock right foot to right side (keeping partial weight on left foot), replace left foot with right foot & lift left knee
- 7&8 Turn $\frac{1}{4}$ left & step left foot forward, turn $\frac{1}{4}$ left & hop to right twice (&8)

BALL STEP, TOGETHER, SIDE-TOUCH RIGHT, SIDE-TOUCH LEFT, CROSS BEHIND, UNWIND 1 FULL TURN RIGHT

- &1-2 Step ball of right foot down, step left foot forward, touch right foot to left foot
- 3-4 Step right foot to right side, touch left foot out to left
- 5-6 Repeat counts 3-4 to left side
- 7&8 Cross right foot behind left, unwind lower half of body 1 full turn right, unwind upper half of body 1 full turn right

REPEAT
