

Out Of Control

拍数: 48 墙数: 4 级数: Beginner
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2007
音乐: Song 4 Mutya - Groove Armada : (CD single or CD Real Girl)



start on spoken vocals 16 counts in

1-8 Syncopated jazz box with ¼ R turn, sway hips R & L, R back, L cross rock & recover
1-2-3&4 Step L fwd, cross step R over L, step L back, ¼ turn R step R to R side, cross step L over R
5-6-&7-8 Step R to R side and sway hips R & L, step R back, cross rock L over R, recover weight on R

9-16 L side step & hold, R ball cross, turning ½ L step L side & hold, R ball cross
1-2&3-4 Step L to L side & hold, step R next to L & ball cross L over R, step R to R side
5-6&7-8 Hinge ½ turn L & repeat above steps

17-24 L back rock & recover, L ball cross, ¼ L & L fwd, R fwd, ½ L pivot turn, walk fwd R & L
1-2&3-4 Rock back on L, recover weight on R, step L next to R & ball cross R over L, turn ¼ L and step L forward
5-6-7-8 Step R forward, pivot ½ left, step forward R, step forward L
(Option for counts 23-24 ? Full left turn when you step fwd R & L)

25-32 Jazz jumps with ¼ L, R & L fwd syncopated rock steps
&1-2 Jump R & L forward, hold (clap hands on hold)
&3-4 ¼ L & jump forward R & L, hold (clap hands on hold)
5-6 Rock forward on R, recover weight on L
&7-8 Step R in place, rock forward on L, recover weight on R

Extra 4 counts to be added here on wall 3 and re-start dance from the beginning (you will be facing 3 o'clock)

&1-4 Syncopated R fwd rock & recover, R coaster step
&1-2 Step L next to R, rock forward on R, recover weight on L
3&4 Step R back, step L next to R, step R forward

33-40 L ball step fwd, ¼ L pivot turn, weave L 2, R sailor, ¼ L toaster step
&1-2 Step L together, step R forward, pivot ¼ left
3-4 Cross step R over L, step L to L side
5&6 Cross step R behind L, step L in place, step R to R side
7&8 Turn ¼ L & step L behind R, step R in place, step L to L side (toaster step)

41-48 R side rock & recover, ½ L & R side rock & recover, R cross rock & recover, sway L & R
1-2 Rock step R to R side & recover weight on L
&3-4 Turning ½ L rock R to R side, recover weight on L, cross rock R over L
5-6-7-8 Recover weight on L, step R to R side, sway hips L & R

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