

Under Control

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - February 2025
音樂: Under Control (feat. Hurts) - Calvin Harris & Alesso : (Spotify/YouTube Music/Deezer/ Amazon Music/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 32 counts)

To begin, stand with your feet shoulder-width apart.

[S1] Elvis Knee Roll R-L, In-Out, Hop Bump R-L-R, 1/4L Shuffle Fwd

1 2 3 4 Roll right knee in, Replace, Roll left knee in, Replace weight ends on L
&5 Touch R toes next to L, Point R to the side
6&7 Step R to the side and hip bum R-L-R
8&1 Make a ¼ turn left shuffle forward on L-R-L (9:00)

[S2] Paddle 1/4L, Box 1/4R, Pivot 1/2R

2 3 Step forward on R, Make a ¼ turn left recover weight on L (6:00)
4 5 6 Cross R over L, Make a ¼ turn right stepping back on L (9:00), Step R to the side
7 8 Step forward on L, Make a ½ turn right recover weight on R (3:00)

[S3] Side Rock, Slow Coaster Step, 3/4L Turn into Side Rock-Together

1 2 3 4 Rock L to the side, Replace weight on R, Step back on L, Step R beside L
5 6 Step forward on L, Make a ½ turn left stepping back on R (9:00)
7 8& Make a ¼ turn left stepping (rock) L to the side (6:00), Replace weight on R, Ball step L next to R

[S4] Monterey 1/2R, Vaudeville into Toe-Heel-Toe

1 2 3 4 Point R to the side, Make a ½ turn right stepping R beside L (12:00), Point L to the side, Step L next to R
5&6 Cross R over L, Step L to the side, Touch R heel diagonally forward
&7 8 Touch R toes in place, Touch R heel diagonally forward, Touch R toes in place

[S5] Heel Grind 1/4R, Back Rock, 2x Step-Pivot 1/2L

1 2 3 4 R heel grind making a ¼ turn right (3:00), Step back on L, Rock back on R, Replace weight on L
5 6 7 8 Step forward on R, Make a ½ turn left recover weight on L (9:00), Step forward on R, Make a ½ turn left recover weight on L (3:00)

[S6] Side Slide-1/2L Cha-Cha-Cha, Side Slide-1/2R Cha-Cha-Cha, Side, Together

1 Step R to the side making a ½ turn left bringing L foot close to R (9:00)
2&3 Cha-cha-cha on L-R-L (3 steps on the spot)
4 Step R to the side making a ½ turn right bringing L foot close to R (3:00)
5&6 Cha-cha-cha on L-R-L (3 steps on the spot)
7 8 Step R to the side, Step L together

[S7] Cross w/ Sweep, Cross, Point, 1/2R Sailor-Cross, Side Rock

1 2 Cross R over L and sweeping L over R over 2 counts
3 4 Cross L over R, Point R to the side
5&6 Making a ½ turn right stepping R behind L (9:00), Step L beside R, Step R over L
7 8 Rock L to the side, Replace weight on R

[S8] Cross Rock, Triple 1 and 1/4L Turn-1/4R Ball-Together, Cross-Side-Behind, Side

- 1 2 Rock/cross L over R, Replace weight on R
- 3&4 Triple turn right 1 and ¼ left on the spot L-R-L (6:00)
- &5 Make an extra ¼ turn left stepping R to the side (3:00), Step L next to R
- 6& Cross R over L, Step L to the side
- 7 8 Step R behind L, Step L to the side

TAG: 16 Counts Tag at the end of Wall 2 (6:00)- Full Circle Walk R, Kick-Ball-Touch, Full Circle Walk L, Fwd Rock, Out-Out

- 1 - 6 Walk around circle to the right on R-L-R-L-R-L (6:00)
- 7&8 Kick R forward, Ball step R, Touch L next to R

- 1 - 5 Walk around circle to the left on R-L-R-L-R (6:00)
- 6& Rock forward on R, Replace weight on L
- 7 8 Step out to the side on R, Step out to the side on L

Ending suggestion: The last wall starts facing 12:00 o'clock. Finish the dance by making a ¼ turn to the left, stepping forward on the last count.

(updated: 11/Feb/25)
