# Under Control

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|---|---|---|
| 拍數: 64 | 牆數: 2 | 級數: Advanced |

編舞者: Steffen Raus (DE), Markus Raus (DE) & Yvonne Hlousek (DE)

音樂: I'll Tell You What - Rick Tippe

## OUT-IN-OUT, TURN, TOE POINTS, TURN

| | |
|---|---|
| 1&2 | Jump out with both feet (shoulder width apart), bring feet together with a jump, jump out with both feet |
| 3-4 | Transfer weight on left foot and pop right knee in, while popping knee out again, make a ¼ turn to the right |
| 5&6& | Point right toe to the right side, bring right foot back to center, point left toe to left side left, bring foot back to center |
| 7-8 | Point right toe to right side, while doing this pop your right knee in, while popping out again make a ¼ turn to the right, weight on left foot |

## LOCKS, TURN, LOCKSTEP BACK, OUT, IN, OUT

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|---|---|
| 9&10& | Lock right behind left (weight is on right) transfer weight onto left foot, transfer weight onto right, transfer weight onto left foot |
| 11&12 | Touch right foot front, make a full turn to the left, step back right |
| 13&14 | Step back left, lock right in front of left, step back left |
| 15&16 | Jump out with both feet (shoulder width apart), bring feet together with a jump, jump out with both feet |

## TRAVELING SNAKE ROLLS, TOE POINTS, HITCH TURN

| | |
|---|---|
| 17&18 | On count 17, start your snake roll, and transfer weight to the right, while continuing the snake roll, bring left foot beside right, continue snake roll and point right toe to right side |
| 19-29 | Start a second snake roll, finish the snake roll and step left beside right |
| 21&22& | Point right toe to right side, step right foot back to center, point left toe to left side, step left foot back to center |
| 23&24 | Point right toe to right side, then hitch right knee and turn ¼ turn to the left, point right toe out again |

## KICK CROSS TOUCHES, SLIDE, KNEE ROLL TURN

| | |
|---|---|
| 25&26 | Kick right foot forward, cross right foot in front of left, touch left foot back |
| 27&28 | Kick left foot forward, cross left in front of right, touch right foot back |
| 29-30 | Take a huge step to the right, with right foot, slide left foot beside right |
| 31-32 | Roll your knees counter to the right, keep knees rolling and turn ¼ turn to the left |

## OUT IN OUT, FINGER POINT, TURN KICK AND TOUCHES

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|---|---|
| 33&34 | Jump out with both feet and jump in again, jump out again |
| 35&36 | Swing your right hand around a circle (3 x to the right) and turn ¼ turn left (the left foot is touched forward and the index finger forward) |
| 37&38& | Kick left foot forward, step left foot back to center, touch right toe to right side, step right foot back to center |
| 39&40 | Point left toe to left side and step left foot back to center, touch right beside left |

## STEP, HOLD, TOUCH, SHUFFLE, CROSS TURN

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|---|---|
| 41-42-43-44 | Step right to right side, hold, touch left behind right |
| 45&46 | Step left to left, step right beside left, step left to left |
| 47-48 | Cross right in front of left, make a full turn to the left |

While doing that step to right bring right hand on the left elbow and the left hand under the right elbow in shoulder height (41), bring right hand straight up so that you have a ¼ turn angle (42), then circle both hands to the left until you have reach the straight hand position (43, 44)

## MAMBO STEPS, JUMPING JACKS, FINGER POINTS

| | |
|---|---|
| 49&50 | Rock right to right, rock back onto left, step right beside left |
| 51&52 | Rock left to left side, rock back onto right, step left beside right |
| 53&54 | Jump both feet out (weight on both feet), jump on the right foot (left foot is hitched), kick left foot front |
| &55&56 | Jump out on left step right beside left (shoulder width apart), circle right hand to the right x 3, turn ¼ turn to the left the left foot is touching forward and the index finger of right hands pointing forward |

## KICK BALL TOUCHES, BODY CIRCLE

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|---|---|
| &57 | Step left slightly forward, kick right foot forward while doing the kick raise on the toes of left |
| &58 | Step right foot slightly forward and touch left toe forward but point the toes to the left |
| &59&60 | Repeat counts & 57&58 |
| &61-64 | Step left to left so that your feet are shoulder width apart, circle your body to the left by crouching feet and stand up again |

## REPEAT