

Gain Control Again

拍數: 64 牆數: 4 級數: Novice
編舞者: Tjwan Oei (NL) - November 2013
音樂: Till I Can Gain Control Again by The Haley Sisters



Start the dance after : "Just like....."

[01] Rumba box forwards – Rumba box backwards

1-2-3-4 Lf. step to left side – Rf. step together – Lf. step forwards - Hold
5-6-7-8 Rf. step to right side – Lf. step together – Rf. step back - Hold

[02] Side step – Together – Side with ¼ turn left – Hold – Rock fwd. – Rec.– Pivot ½ turn right – Hold

1-2-2-4 Lf. step to left side – Rf. step together – Lf. step ¼ turn left forwards - Hol [09.00]
5-6-7-8 Rf. rock fwd. – Recover weight onto Lf. – Rf. step ½ turn right forwards – Hold [03.00]

[03] Step fwd. – Lock – Step – Pivot ½ turn left – Step fwd. – Lock – Step – Pivot ¼ turn right

1-2-3-4 Lf. step forwards – Rf. lock behind Lf. – Lf. step forwards – Lf. with the ball of the feet make ½ turn to left [09.00]
5-6-7-8 Rf. step forwards – Lf. lock behind Rf. – Rf. step forwards – Rf. with the ball of the feet make ¼ turn to right [12.00]

[04] Step diagonally right fwd. – Lock – Step – Brush – Step diagonally left fwd. – Lock – Step – Brush

1-2-3-4 Lf. step diagonally right forwards – Rf. lock behind Lf. – Lf. step diagonally forwards – Rf. brush forwards
5-6-7-8 Rf. step diagonally left forwards – Lf. lock behind Rf. – Rf. step diagonally forwards – Lf. brush forwards

[05] Cross over – Side step – Behind – Sweep – Side step – Behind – Side step – Cross over

1-2-3-4 Lf. cross over Rf. – Rf. step to right side – Lf. step behind Rf. – Rf. sweep from front to back and drop behind Lf.
5-6-7-8 Lf. step to left side – Rf. step behind Lf. – Lf. step to left side – Rf. cross over Lf.

[06] Cross over – Side step – Step back with ¼ turn left – Hold – Step back – Lock – Step back – Touch

1-2-3-4 Lf. cross over Rf. – Rf. step to right side – Lf. step ¼ turn left backwards - Hold [09.00]
5-6-7-8 Rf. step back – Lf. lock front Rf. – Rf. step back – Lf. touch beside Rf.

[07] Cross over – Side step – Behind – Sweep – Side step – Behind – Side step – Cross over

1-2-3-4 Lf. cross over Rf. – Rf. step to right side – Lf. step behind Rf. – Rf. sweep from front to back and drop behind Lf.
5-6-7-8 Lf. step to left side – Rf. step behind Lf. – Lf. step to left side – Rf. cross over Lf.

[08] Rock forwards – Recover – Pivot ½ turn left – Hold – Triple full turn left – Touch

1-2-3-4 Lf. rock forwards – Recover weight onto Rf. – Lf. step ½ turn left forwards – Hold [03.00]
5-6-7-8 Rf. step ¼ turn left forwards – Lf. step ½ turn left backwards – Rf. step ¼ turn left forwards– Lf. touch beside Rf.

Keep on dancing.....

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