

## In Control

32 count, 4 wall, intermediate level

Choreographer: Andrew, Simon and Sheila (UK), December 2008

Choreographed to: "Up" by The Saturdays (117 bpm)

Start on lyrics

### **Section 1 Cross, 1/4 Turn, Coaster Step, Step, 1/2 Turn, Shuffle 1/2 Turn**

1-2 Cross right over left. Make 1/4 turn right and step left back (3:00)

3&4 Step right back. Step left beside right. Step right forward

5-6 Step left forward. Make 1/2 turn left and step right back (9:00)

7&8 Shuffle step 1/2 turn left - stepping, left, right, left (3:00)

**Restart:** *Wall 10 (facing 12:00): restart dance again from the beginning.*

### **Section 2 Cross, Back, Ball Cross x 3, Side, Behind, Side, Heel**

1-2 Cross right over left. Step left back

&3& Step right beside left. Cross left over right. Step right beside left

4&5 Cross left over right. Step right beside left. Cross left over right

6 Step right to right side

7&8 Cross left behind right. Step right to right side. Tap left heel to left diagonal

### **Section 3 Ball Cross, 1/4 Turn, Shuffle 1/2 Turn, Mambo 1/4 Turn, Cross Shuffle**

&1-2 Step left beside right. Cross right over left. Make 1/4 turn right and step left back

3&4 Shuffle step 1/2 turn right, stepping - right, left, right (12:00)

5&6 Rock left forward left. Recover onto right. Make 1/4 turn left and step left to side

7&8 Cross right over left. Step left to left side. Cross right over left (9:00)

### **Section 4 1/4 Turn, 1/2 Turn, Step, Pivot 1/4, Cross, Side, Sailor Step**

1-2 Make 1/4 turn right and step left back. Make 1/2 turn right and step right forward

3-4 Step left forward. Pivot 1/4 turn right (9:00)

5-6 Cross left over right. Step right to right side

7&8 Cross left behind right. Step right to right side. Step left to place

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

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