

IN CONTROL

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Andrew Simon and Sheila (UK) Dec 08

Music: Up by The Saturdays (CD: Single)

BPM: 117



Intro: 32 Counts start on words

Cross. Quarter. Coaster Step. Step. Half. Shuffle Half.

- 1-2 Cross R over L, Quarter turn R (facing 3:00) Step back on L.
3&4 Step back on R. Step L beside R. Step forward on R.
5-6 Step forward on L, Half turn L (facing 9:00) Step back on R.
7&8 Shuffle half turn L - LRL (facing 3:00).
*** Restart here on wall 10 (facing 12:00)

Cross. Back. Ball Cross (x3). Side. Behind. Side. Heel.

- 1-2 Cross R over L, Step back on L.
&3&4&5 Step R beside L, Cross L over R, Step R beside L, Cross L over R,
Step R beside L, Cross L over R.
6 Step R to side.
7&8 Cross L behind R, Step R to side, Tap L heel to L diagonal.

Ball Cross. Quarter. Shuffle Half. Mambo Quarter. Cross Shuffle.

- &1-2 Step L beside R, Cross R over L, Quarter turn R (facing 6:00)
Step back on L.
3&4 Shuffle half turn R - RLR (facing 12:00).
5&6 Rock forward on L, Recover weight to R, Quarter turn L (facing 9:00)
Step L to side.
7&8 Cross R over L, Step L to side, Cross R over L.

Quarter. Half. Pivot Quarter. Cross. Side. Sailor Step.

- 1-2 Quarter turn R (facing 12:00) Step back on L, Half turn R (facing 6:00)
Step forward on R.
3-4 Step forward on L, Pivot Quarter turn R (facing 9:00).
5-6 Cross L over R, Step R to side.
7&8 Cross L behind R, Step R to side, Step L beside R.

Start Again