

# 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**