

'Take Control'

Choreographer **Dee Musk (UK) June 2007** deemusk@btinternet.com

64 Count 2 Wall Intermediate Dance - (* *Two Restarts, walls 2 and 4*)

Music:- 'Take Control' – Amerie – Cd Single

48 Count Intro start on main vocals when Amerie sings "I said Baby".

L, R Shoulder Pops, Together Kick, Cross Back Side, Cross Touch, Hip Bumps with ¼ L.

- 1&2 Raise and pop L shoulder, raise and pop R shoulder, step L beside R and kick R to R diagonal.
3&4 Cross R over L, step back on L, step R to R side.
5,6 Cross L over R, touch R toe to R diagonal.
7&8 Bump hips R, L, bump hip to the R whilst making a ¼ L. (Weight back on R). **9 o'clock**

Step ¼ Reverse Turn L, ¼ Reverse Turn L Cross, Touch Hitch Touch, Cross Touch.

- 1,2 Step forward on L, making a reverse ¼ turn L touch R to R side.
3,4 On ball of L make a reverse ¼ turn L and touch R to R side, cross R over L.
5&6 Touch L toe out to L, hitch L leg positioning L heel in towards R leg, touch L toe out to L side.
7,8 Cross L over R, touch R toe out to R diagonal. **3 o'clock**

Heel Twist Back Flick, Cross ¼ Turn R, ¼ Turn R Step Forward Step Side, Hold Together Side.

- 1&2 Twist R heel out, twist R heel in, angling body to L diagonal flick R foot back.
3,4 Cross R over L, making a ¼ turn R step back on L.
5,6 Making a ¼ turn R step forward on R, step L to L side.
7&8 Hold count 7, step R beside L, step L to L side. (Both feet now shoulder width apart with weight on L). **9 o'clock**

R and L Knee Pops, Hold Together Step, Brush Hitch Back Touch, ½ Turn R, ½ Turn R.

- &1&2 Pop R knee in, pop R knee back to centre, pop L knee in, pop L knee back to centre.
3&4 Hold count 3, step R beside L, step forward on L.
5&6 Brush R forward, hitch R knee, touch R toe back.
7,8 Travelling back make a ½ turn R stepping on to R, make another ½ turn R stepping back on to L. **9 o'clock**

Back Back Hold, Together Step Touch, Heel Twist Hitch, Together Touch Hitch Cross.

- &1,2 Step back R, step back L (feet shoulder width apart), hold count 2. (Weight on L).
&3,4 Step R beside L, step forward on L, touch R toe forward.
5&6 Twist R heel out, twist R heel back to centre, hitch R knee.
&7&8 Step R beside L, touch L toe out to L side, hitch L knee, cross L over R. **9 o'clock**

Side Touch, Chasse ¼ Turn L, Full Box Turn L.

- 1,2 Step R to R side, touch L beside R.
3&4 Step L to L side, close R beside L, making a ¼ turn L step forward on L.
5,6 Turning on ball of L make a ¼ turn L stepping R to R side. Turning on ball of R make a ¼ turn L stepping L to L side.
7,8 Turning on ball of L make a ¼ turn L stepping R to R side. Turning on ball of R make a ¼ turn L stepping L to L side. (Feet shoulder width apart). **** Restarts From Here.**
6 o'clock

Heels, Toes, Heels (Travelling Left), Back Rock Touch Out Touch In, Side Step Drag Together Cross Unwind ½ Turn L.

- 1&2 Travelling L split toes with both heels pointing in, travelling L split heels with both toes pointing in, travelling L split toes with both heels pointing in. (Weight on L).
3&4& Cross rock R behind L, recover weight to L, touch R toe to R side, touch R toe in beside L.
5,6& Step R out to R side, on count 6 drag L in beside R, step L beside R.
7,8 Cross R over L, unwind a ½ turn L (weight on R). **12 o'clock**

L Mambo Forward, R Mambo Back, Cross Unwind ½ Turn R, Out Out Hip Push.

- 1&2 Rock forward on L, recover weight to R, step back on L.
3&4 Rock back on R, recover weight to L, step forward on R.
5,6 Cross L over R, unwind ½ turn R (weight on L).
&7,8 Step out R, step out L, push L hip to L side. **6 o'clock**

Restarts on walls 2 & 4 both facing 12 o'clock - dance up to count 48 then start from count 1.

End Facing 12 o'clock wall and on last count of the box turn feet should be shoulder width apart drop your head for a big finish on the word HEY!!.