

LOOSIN' CONTROL

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Count: 32 **Wall:** 2 **Level:** Intermediate/Advanced level

Choreographer: Stephen Rutter (U.K) (March 05)

Music: Caught Up (110 B.P.M) available on single or ?Confessions? album by Usher

(24 Count Intro?)

Section 1-Step Back, Toe Tap, Left Kick Ball-Touch With $\frac{1}{4}$ Turn Left, Cross, Side Rock,Cross, Unwind $\frac{3}{4}$ Turn Right, Side Step.

- 1-2** Step back on right, tap left toe across right.
- 3&4** Kick left forward, step left beside right, make a quarter turn left touching right toe to right side.
- 5&6** Cross right over left, rock left to left side, recover weight onto right.
- 7&8** Cross left over right, unwind a three-quarter-turn right, step right-to-right side.

Section 2-Crossing Mambo Rock, Cross, Unwind Full Turn Left, Right Vine, Toe Touch,Side Step, Cross, Unwind $\frac{1}{2}$ Turn Left.

- 9&10** Cross rock left over right, recover weight back onto right, step left-to-left side.
- 11&12** Cross right over left, unwind a full turn left, step right-to-right side.
- 13&14** Cross left behind right, step right-to-right side, touch left toe forward and across right.
- &** Step left-to-left side.
- 15-16** Cross right over left, unwind a half turn left (weight ending on left).

Section 3-Side Step, Cross Behind, Side Rock & Cross, Toe Touch,Flick Back With $\frac{1}{4}$ Turn Left, Toe Touch, Weave.

- 17-18** Step right to right side, cross left behind right.
- 19&20** Rock right-to-right side, recover weight onto left, cross right over left.
- 21&22** Touch left toe to left side, Making a quarter turn left flick left foot behind right knee,touch left toe to left side.
- 23&24** Cross left behind right, step right-to-right side, cross left over right.

Section 4-Toe Switches, Hitch, $\frac{3}{4}$ Turn Right, Coaster Touch, $\frac{1}{4}$ Turn Right, Cross,Unwind $\frac{3}{4}$ Turn Right.

- 25&26** Touch right toe to right side, close right beside left, touch left toe to left side.

- &27** Close left beside right, touch right toe to right side.
- &28** Hitch right knee, on ball of left spin a three-quarter-turn right.
- 29&30** Step back on right, close left beside right, touch right toe to right side.
- 31&32** Make a quarter turn right stepping right to right side, cross left over right,

unwind a three-quarter-turn right.

Restart (Sorry, It Wouldn't Be My Dance Without It!!)

On wall 4 restart dance after 16 counts (Cross, Unwind a half turn left).

Begin Again.