

In Control (□□□□)

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Andrew, Simon & Sheila (UK) Dec 08

Music: Up by The Saturdays (CD: Single [117bpm])

□□□ **32 Counts start on words**

□□□

Cross. Quarter. Coaster Step. Step.

Half. Shuffle Half.

□□ , 1/4, □□□ , □ , 1/2, □□□

1-2

□□□

Cross R over L, Quarter turn R (facing 3:00) Step back on

L.

□□□□□□□□ , □□ **90°** (□□ **3□□**)□□□□

3&4

Coaster

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.

□□□□ , □□ **180°** (□□ **9□□**)□□□□

7&8

□□

Shuffle half turn L - LRL (facing 3:00).

□□ 180□□□□ -□ , □ , □ (□□ 3□□)

***** RESTART here on wall 10 (facing 12:00)□□□□□□ 12□□□□□□**

□□

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.

□□□ , 1/4, □□□ , □□□ , □□□

&1-2

□□□□

Step L beside R, Cross R over L, Quarter turn R (facing 6:00)

Step back on L. □□□□ , □□□□□□□□ , □□ 90° (□□ 6□□)□□□□

3&4

□□□

Shuffle half turn R - RLR (facing 12:00).

□□ 180°□□□□ -□ , □ , □ (□□ 12□□)

5&6

□□□

Rock forward on L, Recover weight to R, Quarter turn L (facing

9:00) Step L to side. □□□□□□ , □□□□ , □□ 90° (□□ 9□□)□□□□

7&8

□□□□

Cross R over L, Step L to side, Cross R over L.

□□□□□□□□ , □□□□ , □□□□□□□□

□□

Quarter. Half. Pivot Quarter. Cross.

Side. Sailor Step.

1/4, 1/2, □□ 1/4, □□ , □ , □□

1-2

90 180

Quarter turn R (facing 12:00) Step back on L, Half turn R (facing

6:00) Step forward on R.

□□ 90□ (□□ 12□□)□□□□ , □□ 180□ (□□ 6□□)□□□□

3-4

□ 90

Step forward on L, Pivot Quarter turn R (facing 9:00).

□□□□ , □□ 90□ (□□ 9□□)

5-6

□□

Cross L over R, Step R to side.

□□□□□□□□ , □□□□

7&8

sailor

Cross L behind R, Step R to side, Step L beside R.

□□□□□□□□ , □□□□ , □□□□