

Count: 40 **Wall:** — **Level:** —

Choreographer: Jeff & Thelma Mills

Music: Gain Control Again by No Regrets

Position: Right Side By Side Position, Man's footwork listed. Lady's same throughout unless stated

Dedicated to Jan & John Walker on their Special Day 20th September 2003

BOTH: CROSS ROCK, CHASSE, CROSS ROCK / MAN: $\frac{1}{4}$ TRIPLE TURN RIGHT, LADY: $\frac{3}{4}$ TRIPLE TURN RIGHT

1-2 Cross rock left over right, recover onto right

3&4 Left chasse, left, right, left

5-6 Cross rock right over left, recover onto left

7&8MAN: $\frac{1}{4}$ Triple turn right to face OLOD

LADY: $\frac{3}{4}$ Triple turn right to face ILOD

During triple turn, counts 7 & 8 raise arms over lady's head and change hands, left to left - right to right, man facing lady, right shoulder to right shoulder in double open hand position with arms stretched out at shoulder height

ROTATE $\frac{1}{4}$ TURN RIGHT, TRIPLE STEP, ROTATE $\frac{1}{4}$ TURN RIGHT, $\frac{1}{4}$ TRIPLE TURN RIGHT

9-10 Rotate $\frac{1}{4}$ turn right walking left, right

11&12 Triple step in place left, right, left

13-14 Rotate $\frac{1}{4}$ turn right walking right, left

15&16 $\frac{1}{4}$ triple turn right in place, right, left, right

During triple turn, counts 15&16 change hands into double cross hand position with left arm on top, man is facing LOD, lady facing man

BOTH: ROCK STEP / MAN: TRIPLE STEP, LADY: $\frac{1}{2}$ TRIPLE TURN LEFT INTO SHADOW / BOTH: WALK TWICE, SHUFFLE

17-18 Step and rock back on left, recover onto right

19&20MAN: Triple step in place left, right, left

LADY: ½ Triple turn left (left, right, left) to face LOD

21-22 Walk forward right, left

23&24 Right shuffle forward right, left, right

During counts 19&20 raise left arm over lady's head into shadow position

MAN: ROCK STEP, LADY: ½ TURN, BOTH: TRIPLE STEP, ROCK STEP / MAN: TRIPLE STEP, LADY: TRIPLE TURN

25-26MAN: Step and rock forward onto left, recover onto right

LADY: Step forward left, pivot ½ turn right to face man RLOD

27&28 Triple step in place, left, right, left

29-30 Step and rock back onto right, recover onto left

31&32MAN: Triple step in place right, left, right

LADY: ½ Triple turn left right, left, right

On count 26 raise left arms over lady's head into double cross hand position. During counts 31 & 32 raise left arms over lady's head and go into right side by side position

WALK FORWARD TWICE, ½ TRIPLE TURN RIGHT, WALK BACKWARD TWICE / ½ TRIPLE TURN RIGHT

33-34 Walk forward left, right

35&36½ triple turn right to face RLOD, left, right, left

37-38 Walk backward right, left

39&40½ triple turn right to face LOD, right, left, right

On completion of triple turn, counts 35&36 left arms/hands to be at waist height behind back, right arms/hands to be at waist height in front, during counts 39&40 release left hands raise right hands and finish in side by side position

REPEAT