

OUTTA CONTROL

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Count: 64

Wall: 4

Level: advanced hip hop

Choreographer: Matthew Oakley

Music: Lose Control by Missy Elliot

TRIPLE WITH ROCK, ROCK BACK, FORWARD RUN & CROSS BEHIND, STEP OUT, SHOULDER DIPS

- 1&2** Step right foot forward, step left foot to right foot, rock right foot forward
- &** Recover weight back to left foot
- 3&4** Rock back on right foot, recover weight forward to left foot, step right foot large step forward

a5Step left foot to left side, cross right foot behind left foot

- 6** Step left foot out to left side
- 7&8** Pop left knee in and dip left shoulder down, straighten up & pull shoulder back, pop left knee in and dip left shoulder down

½ TURN LEFT, JUMP OUT, PULL IN - STEP FORWARD - REACH LEFT, ½ TURN LEFT, FLOAT, TOGETHER

- 1-2** Keep feet in place turn ½ left, jump feet apart, end in demi-plie
- 3&4** Slide right foot to left foot, slide right foot forward, push left arm up & out to left & look to left side
- 5-6** Lean back slightly & roll slowly ½ turn left
- 7-8** Start roll forward & continue roll out through shoulders & out to fingers, bring feet together

STEP FORWARD & TOUCH TWICE WITH ½ LEFT, JUMPING APPLEJACKS (RIGHT, LEFT, RIGHT, RIGHT)

- 1-2** Step right foot forward to right diagonal, touch left foot to right foot, turning ½ turn left
- 3-4** Step left foot a large step forward to diagonal, touch right foot to left foot
- &5** Applejack jump out to right side, feet close
- &6** Applejack jump out to left side, feet close
- &7** Applejack jump to the right side, feet close
- &8** Applejack jump to right side, feet close

JUMPING APPLEJACKS (LEFT, RIGHT, LEFT, LEFT), STATIONARY JUMPS (OUT, IN, IN, OUT)

- &1** Applejack jump to left side, feet close
- &2** Applejack jump out to left side, feet close
- &3** Applejack jump to the right side, feet close
- &4** Repeat counts &3
- &5-6** Jump right foot forward to right diagonal & left foot back to left diagonal, jump feet together, jump feet in place
- &7-8** Repeat counts &5-6

OUT-OUT-KICK, WALK TWICE & LUNGE, PUSH BACK, SIDE WALKS WITH KNEE ACTION

- 1&2** Step right foot out to right, step left foot out to left, jump back on left foot & kick right foot forward
- 3&4** Walk forward with right foot, walk forward with left foot, step right foot forward into semi-lunge
- 5-6** Push back off right foot, stepping back on left foot
- &7&8** Lift right foot & sway knees left, step right foot to right side & sway knees right, lift left foot & sway knees left, left foot to right foot & sway knees right

SYNCOATED STEP & KNEE LIFTS, SAILOR STEP, 2 SPIRAL WALKS

- &1** Reach across body to left with right hand, step left foot forward left, pull arm back to right (elbow bent)
- 2&** Step right foot to left foot & lift left knee, step left foot forward
- 3&4** Step right foot to left foot & lift left knee, step left foot forward, step right foot to left foot & lift left knee
- 5&6** Sailor step with left foot turning $\frac{1}{4}$ right
- 7-8** Step right foot in place turning $\frac{1}{2}$ turn right, step left foot in place turning 1 full turn right

SINGLE FOOT JUMPS X4, LUNGE ROCK RIGHT, HOP LEFT, STEP-HOP-HOP

- &1** Jump up off left foot & lift right knee, land on both feet with weight on right foot
- &2** Jump up off right foot & lift left knee, land on both feet with weight on left foot
- &3&4** Repeat counts &1&2

- 5-6** Rock right foot to right side (keeping partial weight on left foot), replace left foot with right foot & lift left knee
- 7&8** Turn $\frac{1}{4}$ left & step left foot forward, turn $\frac{1}{4}$ left & hop to right twice (&8)

**BALL STEP, TOGETHER, SIDE-TOUCH RIGHT, SIDE-TOUCH LEFT, CROSS BEHIND,
UNWIND 1 FULL TURN RIGHT**

- &1-2** Step ball of right foot down, step left foot forward, touch right foot to left foot
- 3-4** Step right foot to right side, touch left foot out to left
- 5-6** Repeat counts 3-4 to left side
- 7&8** Cross right foot behind left, unwind lower half of body 1 full turn right, unwind upper half of body 1 full turn right

REPEAT