In Control (完全掌控) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Cato Larsen (NOR) - 2008年02月
Music: Address Book - Status Quo : (CD: Perfect Remedy 89)

前奏： Start the dance after the vocals after 32 counts of intro (19 seconds). 32拍後唱歌起跳

第一段 Side Rock, Cross Shuffle, 1/4 Pivot turn, 1/2 Pivot turn, Step, 1/4 turn. 側下沉, 交叉交換, 轉1/4, 轉1/2, 踏, 轉1/4

1,2 Step right to right side (1), Rock (recover) back again onto left (2). [12:00] 右足右踏, 左足後下沉(面向12點鐘)

3&4 Cross right over left (3), Step left to left side (&), Cross right over left (4). 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5 Pivot ¼ turn right Stepping back on left (5). [3:00]
右轉90度左足後踏

6 Pivot ½ turn right Stepping forward on right (6). [9:00]
右轉180度右足前踏(面向9點鐘)

7,8 Step forward on left (7), Pivot ¼ turn right (8). [12:00]
左足前踏, 右轉90度(面向12點鐘)

第二段 Cross Shuffle, 1/4 turn, Step back, Coaster Step, Walk forward.
交叉交換, 轉1/4, 後踏, 海岸步, 前走

1&2 Cross left over right (1), Step right to right side (&), Cross left over right (2). [12:00]
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(12點鐘)

3,4 Pivot ¼ turn left Stepping back on right (3), Step back on left (4). [3:00] 左轉90度右足後踏, 左足後踏(面向3點鐘)

5&6 Step back on right (5), Step left next to right (&), Step forward on right (6). [9:00] 右足後踏, 左足併踏, 右足前踏(面向9點鐘)

7,8 Step forward on left (7), Step forward on right (8).
左足前踏, 右足前踏

Restart: Restart here on wall 4. End with Right Touch next to left (8).
第四面牆跳至此, 第8拍右足前踏改成右足併點, 從頭起跳

第三段 Jump forward, Tap right, Back, Point back, Unwind, Scuff, Hitch, Side, Sailor Step. 前跳, 右點, 後, 後點, 繞, 擦踢, 抬, 側, 水手步

&1,2 Jump forward onto left foot (&), Tap right toe next to left (1), Step back on right (2). [9:00]
左足前跳, 右足趾併點, 右足後踏(面向9點鐘)

3,4 Point left toe back (3), Unwind ½ turn left (4). [3:00]
左足趾後點, 左繞轉180度(面向3點鐘)

5&6 Scuff right foot forward (5), Hitch right knee (&), Step right to right side (6). 右足前擦踢, 右膝抬, 右足右踏

7&8 Cross left behind right (7), Step right to right side (&), Step left to left side (8). 左足於右足後交叉踏, 右足右踏, 左足左踏

第四段 Cross Rock, Side, Cross Rock, Side, Cross, 1/4 turn.
交叉下沉, 側, 交叉下沉, 側, 交叉, 轉1/4

1,2 Cross right over left (1), Rock (recover) back again onto left (2).右足於左足前交叉踏, 左足後下沉

3,4 Step right to right side (3), Cross left over right (4).
右足右踏, 左足於右足前交叉踏

5,6 Rock (recover) back again onto right (5), Step left to left side (6). 右足後下沉, 左足左踏

7 Cross right over left (7). 右足於左足前交叉踏

8 Pivot ¼ turn right Stepping back on left (8). [6:00]
右轉90度左足後踏(面向6點鐘)

TAG: To be danced AFTER wall number 8. You will be facing 3 o'clock.:
加拍:第八面牆結束面向3點鐘方向

Side Rock, Cross shuffle, Side Rock, Cross Shuffle.
側下沉, 交叉交換, 側下沉, 交叉交換

1,2 Step right to right side (1), Rock (recover) back again onto left (2). 右足右踏, 左足後下沉

3&4 Cross right over left (3), Step left to left side (&), Cross right over left (4). 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5,6 Step left to left side (5), Rock (recover) back again onto right (6). 左足左踏, 右足後下沉

7&8 Cross left over right (7), Step right to right side (&), Cross left over right (8). 左足於右足前交叉踏, 右足右踏, 右足於左足前交叉踏

Note: I have intentionally omitted a second Restart. This is because it comes pretty late in the song, and we feel that to do this as simple as possible, we didn't need it. Most of my students didn't even noticed. But feel free to put it back in if you want this to be perfectly phrased!