

Out Of Control

48 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs
(Aug 2007)

Choreographed to: Song 4 Mutya by Groove Armada

Start on spoken vocals 16 counts in

SNCOPATED JAZZ BOX WITH 1/4 RIGHT TURN, SWAY HIPS RIGHT & LEFT, RIGHT BACK, LEFT CROSS ROCK & RECOVER

- 1-2 Step left forward, cross right over left,
3&4 Step left back, turn 1/4 right and step right to side, cross left over right
5-6&7-8 Step right to side and sway hips right, sway hips left, step right back,
cross/rock left over right, recover on right

LEFT SIDE STEP & HOLD, RIGHT BALL CROSS, TURNING 1/2 LEFT STEP LEFT SIDE & HOLD, RIGHT BALL CROSS

- 1-2&3-4 Step left to side, hold, step right together, cross left over right, step right to side
5-6&7-8 Turn 1/2 left and step left to side, hold, step right together,
cross left over right, step right to side

LEFT BACK ROCK & RECOVER, LEFT BALL CROSS, 1/4 LEFT & LEFT FORWARD, RIGHT FORWARD, 1/2 LEFT PIVOT TURN, WALK FORWARD RIGHT & LEFT

- 1-2&3-4 Rock left back, recover on right, step left together, cross right over left,
turn 1/4 left and step left forward
5-6-7-8 Step right forward, turn 1/2 left (weight to left), step right forward, step left forward
Option for counts 23-24: full left turn when you step forward right & left

JAZZ JUMPS WITH 1/4 LEFT, RIGHT & LEFT FORWARD SYNCOPATED ROCK STEPS

- &1-2 Step right forward, step left together, hold (clap)
&3-4 Turn 1/4 left and step right forward, step left together, hold (clap)
5-6 Rock right forward, recover on left
&7-8 Step right in place, rock left forward, recover on right

LEFT BALL STEP FORWARD, 1/4 LEFT PIVOT TURN, WEAVE LEFT 2, RIGHT SAILOR, 1/4 LEFT TURNING SAILOR STEP

- &1-2 Step left together, step right forward, turn 1/4 left (weight to left)
3-4 Cross right over left, step left to side
5&6 Cross right behind left, step left in place, step right to side
7&8 Turn 1/4 left & cross left behind right, step right to side, step left to side

RIGHT SIDE ROCK & RECOVER, 1/2 LEFT & RIGHT SIDE ROCK & RECOVER, RIGHT CROSS ROCK & RECOVER, SWAY LEFT & RIGHT

- 1-2 Rock right to side, recover on left
&3-4 Turn 1/2 left and rock right to side, recover on left, cross/rock right over left
5-6-7-8 Recover on left, step right to side, sway hips left, sway hips right

TAG

Extra 4 counts to be added after count 32 on wall 3 and re-start dance from the beginning (you will be facing 3:00)

SYNCOPATED RIGHT FORWARD ROCK & RECOVER, RIGHT COASTER STEP

- &1-2 Step left together, rock right forward, recover on left
3&4 Step right back, step left together, step right forward
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