

IN CONTROL

Choreographed by: Andrew, Simon & Sheila (UK) Dec 08
Music: **Up** by **The Saturdays** (CD: Single [117bpm])
Descriptions: 32 count - 4 wall - Intermediate level line dance

[Intro: 32 Counts start on words](#)

Cross. Quarter. Coaster Step. Step. Half. Shuffle Half.

1-2 Cross R over L, Quarter turn R (**facing 3:00**) Step back on L.
3&4 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.
7&8 Shuffle half turn L - LRL (**facing 3:00**).
***** RESTART here on wall 10 (facing 12:00)**

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.

&1-2 Step L beside R, Cross R over L, Quarter turn R (**facing 6:00**) Step back on L.
3&4 Shuffle half turn R - RLR (**facing 12:00**).
5&6 Rock forward on L, Recover weight to R, Quarter turn L (**facing 9:00**) Step L to side.
7&8 Cross R over L, Step L to side, Cross R over L.

Quarter. Half. Pivot Quarter. Cross. Side. Sailor Step.

1-2 Quarter turn R (**facing 12:00**) Step back on L, Half turn R (**facing 6:00**) Step forward on R.
3-4 Step forward on L, Pivot Quarter turn R (**facing 9:00**).
5-6 Cross L over R, Step R to side.
7&8 Cross L behind R, Step R to side, Step L beside R.

Start Again

