

# 'Take Control'

Choreographer Dee Musk (UK) June 2007 [deemusk@btinternet.com](mailto:deemusk@btinternet.com)

64 Count 2 Wall Intermediate Dance - (\* *Two Restarts, walls 2 and 4*)

Music:- 'Take Control' – Amerie – Cd Single

48 Count Intro start on main vocals when Amerie sings "I said Baby".

## **L, R Shoulder Pops, Together Kick, Cross Back Side, Cross Touch, Hip Bumps with ¼ L.**

- 1&2 Raise and pop L shoulder, raise and pop R shoulder, step L beside R and kick R to R diagonal.  
3&4 Cross R over L, step back on L, step R to R side.  
5,6 Cross L over R, touch R toe to R diagonal.  
7&8 Bump hips R, L, bump hip to the R whilst making a ¼ L. (Weight back on R). **9 o'clock**

## **Step ¼ Reverse Turn L, ¼ Reverse Turn L Cross, Touch Hitch Touch, Cross Touch.**

- 1,2 Step forward on L, making a reverse ¼ turn L touch R to R side.  
3,4 On ball of L make a reverse ¼ turn L and touch R to R side, cross R over L.  
5&6 Touch L toe out to L, hitch L leg positioning L heel in towards R leg, touch L toe out to L side.  
7,8 Cross L over R, touch R toe out to R diagonal. **3 o'clock**

## **Heel Twist Back Flick, Cross ¼ Turn R, ¼ Turn R Step Forward Step Side, Hold**

### **Together Side.**

- 1&2 Twist R heel out, twist R heel in, angling body to L diagonal flick R foot back.  
3,4 Cross R over L, making a ¼ turn R step back on L.  
5,6 Making a ¼ turn R step forward on R, step L to L side.  
7&8 Hold count 7, step R beside L, step L to L side. (Both feet now shoulder width apart with weight on L). **9 o'clock**

## **R and L Knee Pops, Hold Together Step, Brush Hitch Back Touch, ½ Turn R, ½ Turn R.**

- &1&2 Pop R knee in, pop R knee back to centre, pop L knee in, pop L knee back to centre.  
3&4 Hold count 3, step R beside L, step forward on L.  
5&6 Brush R forward, hitch R knee, touch R toe back.  
7,8 Travelling back make a ½ turn R stepping on to R, make another ½ turn R stepping back on to L. **9 o'clock**

## **Back Back Hold, Together Step Touch, Heel Twist Hitch, Together Touch Hitch Cross.**

- &1,2 Step back R, step back L (feet shoulder width apart), hold count 2. (Weight on L).  
&3,4 Step R beside L, step forward on L, touch R toe forward.  
5&6 Twist R heel out, twist R heel back to centre, hitch R knee.  
&7&8 Step R beside L, touch L toe out to L side, hitch L knee, cross L over R. **9 o'clock**

## **Side Touch, Chasse ¼ Turn L, Full Box Turn L.**

- 1,2 Step R to R side, touch L beside R.  
3&4 Step L to L side, close R beside L, making a ¼ turn L step forward on L.  
5,6 Turning on ball of L make a ¼ turn L stepping R to R side. Turning on ball of R make a ¼ turn L stepping L to L side.  
7,8 Turning on ball of L make a ¼ turn L stepping R to R side. Turning on ball of R make a ¼ turn L stepping L to L side. (Feet shoulder width apart). **\*\* Restarts From Here.** **6 o'clock**

## **Heels, Toes, Heels (Travelling Left), Back Rock Touch Out Touch In, Side Step Drag**

### **Together Cross Unwind ½ Turn L.**

- 1&2 Travelling L split toes with both heels pointing in, travelling L split heels with both toes pointing in, travelling L split toes with both heels pointing in. (Weight on L).  
3&4& Cross rock R behind L, recover weight to L, touch R toe to R side, touch R toe in beside L.  
5,6& Step R out to R side, on count 6 drag L in beside R, step L beside R.  
7,8 Cross R over L, unwind a ½ turn L (weight on R). **12 o'clock**

## **L Mambo Forward, R Mambo Back, Cross Unwind ½ Turn R, Out Out Hip Push.**

- 1&2 Rock forward on L, recover weight to R, step back on L.  
3&4 Rock back on R, recover weight to L, step forward on R.  
5,6 Cross L over R, unwind ½ turn R (weight on L).  
&7,8 Step out R, step out L, push L hip to L side. **6 o'clock**

**Restarts on walls 2 & 4 both facing 12 o'clock - dance up to count 48 then start from count 1.**

**End Facing 12 o'clock wall and on last count of the box turn feet should be shoulder width apart drop your head for a big finish on the word HEY!!.**