

Loosin' Control

32 count, 2 wall, intermediate/advanced level
Choreographer: Stephen Rutter (UK) March 2005
Choreographed to: Caught Up by Usher, CD single or
Confessions album (110bpm)

24 count intro

Section 1-Step Back, Toe Tap, Left Kick Ball-Touch With ¼ Turn Left, Cross, Side Rock, Cross, Unwind ¾ Turn Right, Side Step.

- 1-2 Step back on right, tap left toe across right.
3&4 Kick left forward, step left beside right, make a quarter turn left touching right toe to right side.
5&6 Cross right over left, rock left to left side, recover weight onto right.
7&8 Cross left over right, unwind a three-quarter-turn right, step right-to-right side.

Section 2-Crossing Mambo Rock, Cross, Unwind Full Turn Left, Right Vine, Toe Touch, Side Step, Cross, Unwind ½ Turn Left.

- 9&10 Cross rock left over right, recover weight back onto right, step left-to-left side.
11&12 Cross right over left, unwind a full turn left, step right-to-right side.
13&14 Cross left behind right, step right-to-right side, touch left toe forward and across right.
& Step left-to-left side.
15-16 Cross right over left, unwind a half turn left (weight ending on left)

Restart here when dancing wall 4

Section 3-Side Step, Cross Behind, Side Rock & Cross, Toe Touch, Flick Back With ¼ Turn Left, Toe Touch, Weave.

- 17-18 Step right to right side, cross left behind right.
19&20 Rock right-to-right side, recover weight onto left, cross right over left.
21&22 Touch left toe to left side, Making a quarter turn left flick left foot behind right knee, touch left toe to left side.
23&24 Cross left behind right, step right-to-right side, cross left over right.

Section 4-Toe Switches, Hitch, ¾ Turn Right, Coaster Touch, ¼ Turn Right, Cross, Unwind ¾ Turn Right.

- 25&26 Touch right toe to right side, close right beside left, touch left toe to left side.
&27 Close left beside right, touch right toe to right side.
&28 Hitch right knee, on ball of left spin a three-quarter-turn right.
29&30 Step back on right, close left beside right, touch right toe to right side.
31&32 Make a quarter turn right stepping right to right side, cross left over right, unwind ¾ turn right.

Restart (Sorry, It Wouldn't Be My Dance Without It!!)

On wall 4 restart dance after 16 counts (Cross, Unwind a half turn left).

Begin Again.