



Approved by:

Andrew
Sheila
Simon

In Control

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	CBDBSHNM
Section 1 1 - 2 3 & 4 5 - 6 7 & 8 Restart	Cross, 1/4 Turn, Coaster Step, Step, 1/2 Turn, Shuffle 1/2 Turn Cross right over left. Make 1/4 turn right and step left back. (3:00) Step right back. Step left beside right. Step right forward. Step left forward. Make 1/2 turn left and step right back. (9:00) Shuffle step 1/2 turn left - stepping, left, right, left. (3:00) Wall 10 (facing 12:00): restart dance again from the beginning.	Cross Quarter Coaster Step Step Half Shuffle Half	Turning right On the spot Turning left
Section 2 1 - 2 & 3 & 4 & 5 6 7 & 8	Cross, Back, Ball Cross x 3, Side, Behind, Side, Heel Cross right over left. Step left back. Step right beside left. Cross left over right. Step right beside left. Cross left over right. Step right beside left. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Tap left heel to left diagonal.	Cross Back & Cross & Cross & Cross Side Behind Side Heel	Back Right
Section 3 & 1 - 2 3 & 4 5 & 6 7 & 8	Ball Cross, 1/4 Turn, Shuffle 1/2 Turn, Mambo 1/4 Turn, Cross Shuffle Step left beside right. Cross right over left. Make 1/4 turn right and step left back. Shuffle step 1/2 turn right, stepping - right, left, right. (12:00) Rock left forward left. Recover onto right. Make 1/4 turn left and step left to side. Cross right over left. Step left to left side. Cross right over left. (9:00)	& Cross Quarter Shuffle Half Mambo Quarter Cross Shuffle	Turning right Turning left Left
Section 4 1 - 2 3 - 4 5 - 6 7 & 8	1/4 Turn, 1/2 Turn, Step, Pivot 1/4, Cross, Side, Sailor Step Make 1/4 turn right and step left back. Make 1/2 turn right and step right forward. Step left forward. Pivot 1/4 turn right. (9:00) Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Step left to place.	Quarter Half Step Pivot Cross Side Sailor Step	Turning right Right On the spot

Choreographed by: Andrew, Simon and Sheila (UK) December 2008

Choreographed to: 'Up' by The Saturdays (117 bpm) CD Single;
 also available as download from amazon.co.uk or iTunes (start on lyrics)

Restart: There is one Restart, during Wall 10, at the end of Section 1



A video clip of this dance is available at www.linedancermagazine.com