

I Lose Control

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Irene Deng (TW) - February 2024

Musik: Lose Control - Hedley



Intro : 16 count

Restart : after 16 count on wall 2

Bridge : 4 count, Finish sec3 on wall 5

SEC 1 : DIAGONAL R, TOUCH, DAIGONAL L FWD SHUFFLE, 1/8R FWD, RECOVER, BACK SHUFFLE

1 2 3&4 Step right diagonal on Rf (10:30), Touch Lf beside Rf, Step fwd on Lf , Step Rf next to Lf, Step fwd on Lf

5 6 7&8 Making turn 1/8 R step fwd on Rf (12:00), Recover on Lf, Step back on Rf , Step Lf next to Rf, Step back on Rf

SEC 2 : BACK TOE TOUCH X4, COASTER STEP , FWD PIVOT 1/4L , SIDE

1 2 3 4 Step back on Lf and Rf toe touch, Step back on Rf and Lf toe touch, Step back on Lf and Rf toe touch, Step back on Rf and Lf toe touch,

5&6 7 8 Step back on Lf, Step Rf beside Lf, Step fwd on Lf , Step Fwd on Rf pivot turn 1/4 L(9:00), Step Lf side

SEC 3 : CROSS SAMBA , 1/4 L CROSS SAMBA ,CROSS , SIDE, WEAVE

1&2 3&4 Cross Rf over Lf, Rock Lf to L side, Recover onto Rf, Cross Lf over Rf making turn 1/4 L(6:00), Rock Rf to R, Recover onto Lf

5 6 7&8 Cross Rf over Lf, Step Lf to L side, Step Rf behind Lf, Step Lf to L side, Crover Rf over Lf

SEC 4 : SIDE PIVOT 1/4 L, BACK , COASTER STEP , BACK DAIGONAL R , TOUCH, BACK DIAGONAL L SWAY HIP(LRL)

1 2 3&4 Step Lf to L pivot making turn 1/4 L, Step back on Rf, Step back on Lf, Step Rf beside Lf, Step fwd on Lf

5 6 7&8 Step back on Rf diagonal R, Touch Lf beside Rf, Step back on Lf diagonal L and sway hip (LRL)

Bridge : 4 count

SIDE PIVOT 1/4 L, BACK , TOGETHER, HOLD

1 2& 3 4 Step Lf to L pivot making turn 1/4 L (1), Step back on Rf (2), Step Lf beside Rf(&), Rf wait stop 2 count

(Continue to complete 5 6 7&8)

Enjoy ! Have fun !

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