

Lose Control

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Lose Control - Hedley



Intro: 16 Counts after first downbeat

S1: Rock & Hitch, Coaster, 1/2 Pivot, Syncopated Rocking-Horse

1&2 Rock R forward (1) Recover onto L (&) Hitch R Knee (2)
3&4 Step R back (3) Step L beside R (&) Step R forward (4)
5-6 Step L forward (5) 1/2 Pivot R, wt on R (6)
7&8& Rock L forward (7) Recover onto R (&) Rock L back (8) Recover onto R (&)

S2: Oz Step, Rock-Recover, Shuffle

1-2 Step L forward (1) Lock R behind L (2)
&3-4 Step L beside R (&) Step R forward (3) Lock L behind R (4)
&5-6 Step R beside L (&) Rock L forward (5) Recover onto R (6)
7&8 L Shuffle forward

S3: 1/4 Pivot, & Point & Point, Behind, Side, Shuffle forward

1-2 Step R forward (1) 1/4 Pivot L, wt on L (2)
&3&4 Step R beside L (&) Point L side L (3) Step L beside R (&) Point R side R (4)
5-6 Step R behind L (5) Step L side L (6)
7&8 Step R forward (7) Step L beside R (&) Step R forward (8)

S4: 1/2 Pivot, Shuffle, Spiral turn, Shuffle

1-2 Step L forward (1) 1/2 Pivot R, wt on R (2)
3&4 L Shuffle forward
5-6 Step R forward (5) Full turn L, wt on R keeping L wrapped around R (6)
7&8 L Shuffle forward

HAVE FUN AND ENJOY

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