

Losing Control

拍数: 32 墙数: 4 级数: Improver samba
编舞者: Maria Maag (DK) - January 2018
音乐: Mamma Mia (feat. Prophet of 7Lions) - Darin



Intro: 16 counts from heavy beat in music (19 sec. into track)

Ending: On wall 10 after 24 counts (facing 06:00), make a sharp ½ turn L stepping down L... The End
NOTE: NO TAGS, NO RESTARTS

[1 – 8] Samba R, samba L, weave L behind 1/4 R

1&2 Cross R over L (1), rock L to L (&), recover R (2) 12:00
3&4 Cross L over R (3), rock R to R (&), recover L (2) 12:00
5&6 Cross R over L (5), step L to L (&), cross R behind L turn 1/8 R (6) 01:30
7&8 Step back L (7), turn 1/8 R stepping R to R (&), cross L over R (8) 03:00

[9 – 16] Side back rock R side back rock L, volta ½ turn R

1&2 Step R to R (1), rock back L (&), recover R (2) 03:00
3&4 Step L to L (3), rock back R (&), recover L (4) 03:00
5&6& 1/8 R step fw. R (5), lock L behind R (&), 1/8 R step fw. R (6), lock L behind R (&) 06:00
7&8 1/8 R step fw. R (7), lock L behind R (&), 1/8 R step fw. R (8) 09:00

[17 – 24] Mambo fw. L mambo back R, step shimmy L, shimmy L

1&2 Rock fw. L (1), recover R (&), step L next to R (2) 09:00
3&4 Rock back R (3), recover L (&), step R next to L (4) 09:00
5-6 Step L to L bend knees and shimmy upper body (5), step R next to L (6) 09:00
7-8 Step L to L bend knees and shimmy upper body (7), step R next to L (8) 09:00

[25 – 32] Mambo L mambo R, point switches L + R, kick ball change R

1&2 Rock L to L (1), recover R (&), step L next to R (2) 09:00
3&4 Rock R to R (3), recover L (&), step R next to L (4) 09:00
5&6 Point L to L (5), step L next to R (&), point R to R (6) 09:00
7&8 Kick R fw. (7), step R next to L (&), step down L (8) 09:00

Have fun and Enjoy...:-)

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