

Lose Control

拍数: 32 墙数: 2 级数: Beginner
编舞者: Andrew Hobman (UK) - January 2020
音乐: Lose Control - Becky Hill, Goodboys & Meduza



Intro – 16 counts (8 seconds) Just before singing starts.

S1: Vine right with touch, vine left with touch (option for rolling vines)

1,2,3,4 Step right to right side, step left behind right, step right to right side, touch left beside right
5,6,7,8 Step left to left side, step right behind left, step left to left side, touch right beside left.

S2: Cross point, cross point, jazz box with quarter turn right.

1,2 Cross right over left and point left to left side
3,4 Cross left over right and point right to right side
5,6,7,8 Cross right over left, step back on left, step on right making quarter turn right, step left beside right

S3: Step hold and step scuff, rock recover three quarter shuffle over left shoulder

1,2& Step forward on right and hold one count on the and count step left next to right.
3,4 Step forward on right and scuff left foot forward.
5,6 Rock forward on left foot and recover weight on right
7&8 While stepping left right left make three quarter turn over left shoulder

S4: Side rock recover and side rock recover, left jazz box with touch.

1,2 Rock out on right to right side and recover on left.
&3,4 Step right beside left on the & count, rock left to left side and recover on right.
5,6,7,8 Step left over right, step back on right, step left beside right, touch right beside left.

Last Update - 24 Jan. 2020-R2
