

Lose Control

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Andrico Yusran (INA) - March 2020
音乐: Lose Control - Meduza, Becky Hill & Goodboys



No Tag No Restart

Start Dance after music intro lyrics 16 counts

S1# V STEP - KICK BALL CHANGE (2X)

1-4 Step R forward diagonal , L forward diagonal , R back to Centre , L close beside R
5&6 R kick forward , R tap ball beside L , L tap in place beside R
7&8 R kick forward , R tap ball beside L , L tap in place beside R

S2# GRIND 1/4 - COASTER STEP - FORWARD ROCK - COASTER STEP

1-2 Step R heel cross over L , L back 1/4 turn to R
3&4 R back , L close beside R , R forward
5-6 L forward , R recover
7&8 L back , R close beside L , L forward

S3# SIDE - CLOSE TOUCH - JAZZ BOX 1/4 - SIDE TOUCH - CLOSE TOUCH

1-2 Step R to side , L close touch beside R
3-6 L cross over R , R back , L side 1/4 turn to L , R forward
7-8 L side touch - L close touch beside R

S4# FORWARD - LOCK - LOCK SHUFFLE - FORWARD ROCK - 1/4 TURN - CLOSE

1-2 L forward , R lock behind L
3&4 L forward , R lock behind L , L forward
5-8 R forward , L recover , R side 1/4 turn to R , L close beside R

Enjoy The Dance

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