

# Ride It, Lose Control

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4  
编舞者: Step5678 (USA) - May 2020  
音乐: Ride It - Regard

级数: Beginner / Improver



Intro: 32 Counts

Restart: On Wall 5 After 16 Counts (facing 6:00)

## S1: Rock Fwd/Rec (R), Triple Back (R), Rock Back/Rec (L), Triple Fwd (L)

1-2            Rock R fwd (1), Recover on L (2)  
3&4           Step R back (3), Step L next to R (&), Step R back (4)  
5-6           Rock L back (5), Recover on R (6)  
7&8           Step L fwd (7), Step R next to L (&), Step L fwd (8)

## S2: ¼ Left Rock Side/Rec (R), Behind-Side-Cross (R), Rock Side/Rec (L), ¼ Left Sailor Step

1-2            Turn ¼ left and rock R to right side (1), Recover on L (2)  
3&4           Step R behind L (3), Step L to left (&), Cross R over L (4)  
5-6           Rock L to side (5), Recover on R (6)  
7&8           Step or sweep L behind R (7), Turn ¼ left-step R to right side (&), Step L fwd (8)

\*\*\*Restart Here On Wall 5\*\*\*

## S3: Step Fwd (R), Kick (L), Coaster Step (L), Fwd Step Touches (R&L)

1-2            Step R fwd (1), Kick L fwd (2)  
3&4           Step L back (3), Step R next to L (&), Step L fwd (4)  
5-6           Step R fwd on right diagonal (5), Touch L next to R (6)  
7-8           Step L fwd on left diagonal (7), Touch R next to L (8)

## S4: Step Side, Behind, ¼ Right Triple Fwd (R), ½ Right Pivot Turn, Triple Fwd (L)

1-2            Step R to right (1), Step L behind R (2)  
3&4           Turn ¼ R and step R fwd (3), Step L next to R (&), Step R fwd (4)  
5-6           Step L fwd (5), Pivot ½ turn right (weight on R) (6)  
7&8           Step L fwd (7), Step R next to L (&), Step L fwd (8)

Ending: If You Want To Finish Dance At 12:00, Simply Spin On L-½ Turn Left After Wall 9.

Let's Dance!!!

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