

Losing All Control (WDM21)

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Advanced
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音乐: Stay - Tooji



#32 Count Intro / Approx 15 Secs

Sequence: A, B, Tag 1, A, B, Tag 1, Tag 2, B, B, Tag 1

Part A

[01 - 08]: Heel Grind, ¼ Turn, Extended Back Shuffle, Together, Step, Together, Body Roll

1-2 Grind right heel to right, turn ¼ right step left back (3:00)
3&4&5 Step right back, step left beside right, step right back, step left beside right, step right back
6& Step left beside right, step right forward
7-8 Step left beside right body rolling up from knees to head

[09 - 16]: Walk, Walk, Step ½ Pivot Step, Ball Rock, Ball Step ¼ Hitch

1-2 Step right forward, step left forward
3&4 Step right forward, turn ½ left transferring weight onto left, step right forward (9:00)
&5-6 Step left beside right, rock right forward, recover weight onto left
&7-8 Step right beside left, step left forward, turn ¼ right hitch right knee (12:00)

[17 - 24]: Skate, Skate, Shuffle, Skate Skate, Shuffle

1-2 Step right to right diagonal, step left to left diagonal
3&4 Step right to right diagonal, step left beside right, step right to right diagonal
5-6 Step left to left diagonal, step right to right diagonal
7&8 Step left to left diagonal, step right beside left, step left to left diagonal

[25 - 32]: ⅛ Press, Slide, Press, Slide, Step ⅜ Pivot, Side, Side

1-2 Turn ⅛ left press right toe forward, slide left foot back keeping weight on right (10:30)
3-4 Press left toe forward, slide right foot back keeping weight on left
5-6 Step right forward, turn ⅜ left transferring weight onto left (6:00)
7-8 Step right to right, transfer weight onto left

Arms wipe brow with right hand

[33 - 40]: Cross, ¼ Turn, Coaster Step, Step ¼ Pivot, Behind Side Cross

1-2 Cross right over left, step left to left
3&4 Turn ¼ right step right back, step left beside right, step right forward (9:00)
5-6 Step left forward, turn ¼ right transferring weight onto right (12:00)
7&8 Step left behind right, Step right to right, Cross left over right

[41 - 48]: Out Out, Arms, Body Rotation, Step

1-2 Step right to right diagonal, step left to left
3-4 Place right arm forward at shoulder height, place left arm forward at shoulder height
5-8 Rotate body from left to right anti-clockwise (weight ends on left)

[49 - 56]: Jazzbox ¼ Turn, Jazzbox ¼ Turn (6:00)

1-2 Cross right over left, turn ¼ right step left back
3-4 Step right to right, step left forward
5-6 Cross right over left, turn ¼ right step left back
7-8 Step right to right, step left forward

[57 - 64]: Out Out, Arms, Body Roll

- 1-2 Step right to right diagonal, step left to left
- 3-4 Place right hand on center of chest, place left hand on right hand
- 5-8 Body roll from head to feet weight ending on left

Part B

[01 - 08]: Dorothy Step, Dorothy Step, Out Out, Ball Cross, ½ Unwind

- 1-2& Step right forward, lock left behind right, step right forward
- 3-4& Step left forward, lock right behind left, step left forward
- 5-6 Step right to right diagonal, step left to left
- &7-8 Step right beside left, cross left over right, unwind ½ right weight on left (12:00)

[09 - 16]: Walk, Walk, Kick Ball Step, Walk, Walk, Step ¼ Pivot

- 1-2 Step right forward, step left forward
- 3&4 Kick right forward, step right beside left, step left forward
- 5-6 Step right forward, step left forward
- 7-8 Step right forward, turn ¼ left transferring weight onto left (9:00)

Arms

- 7 Cross arms in front of chest making an X
- & Take both arms out to the each side, elbows bent at 90 degree angle, hands at head height
- 8 Keep elbows bent at 90 degree angle, drop both hands down

[17 - 24]: Cross, Hold, Ball Cross Shuffle, Side Rock, ¼ Weave

- 1-2 Cross right over left, hold
- &3&4 Step left beside right, cross right over left, step left beside right, cross right over left
- 5-6 Rock left to left, recover weight onto right
- 7&8 Step left behind right, turn ¼ right step right forward, step left forward (12:00)

[25 - 32]: Kick Ball Heel, Ball Touch ½ Unwind, Cross & Heel, Ball Cross, ½ Unwind

- 1&2 Kick right forward, step right beside left, touch left heel forward
- &3-4 Step left beside right, touch right toe back, unwind ½ right transferring weight onto right (6:00)
- 5&6 Cross left over right, step right to right, touch left heel diagonally forward
- &7-8 Step left beside right, cross right over left, unwind ½ left transferring weight onto left (12:00)

Tag 1

[01 - 08]: Slide, Weave, Stomp, Hold, Ball Cross Shuffle

- 1-2 Step right to right sliding left towards right
- 3&4 Step left behind right, step right to right, cross left over right
- 5-6 Stomp right to right, hold
- &7&8 Step left beside right, cross right over left, step left beside right, cross right over left

[09 - 16]: Slide, Weave, Stomp, Hold, Ball Cross Shuffle

- 1-2 Step left to left sliding right towards left
- 3&4 Step right behind left, step left to left, cross right over left
- 5-6 Stomp left to left, hold
- &7&8 Step right beside left, cross left over right, step right beside left, cross left over right

Tag 2

[01 - 08]: Vine ¼ Turn, Step ½ Pivot Step, Touch, Back

- 1-3 Step right to right, step left behind right, turn ¼ right step right forward (3:00)
- 4-6 Step left forward, turn ½ right transferring weight onto right, step left forward (9:00)
- 7-8 Touch right behind left, step right back

[09 - 16]: Side, Hold, Ball Side Shuffle, Side, Hold, Ball Side Shuffle

- 1-2 Step left to left, hold
- &3&4 Step right beside left, step left to left, step right beside left, step left to left

5-6 Step right to right, hold
&7&8 Step left beside right, step right to right, step left beside right, step right to right

[17 - 24]: $\frac{1}{8}$ Rocking Chair, Step $\frac{1}{2}$ Pivot, Walk, Walk

1-2 Turn $\frac{1}{8}$ right rock left forward, recover weight onto right (10:30)
3-4 Rock left back, recover weight onto right
5-6 Step left forward, turn $\frac{1}{2}$ right transferring weight onto right (4:30)
7-8 Step left forward, step right forward

[25 - 36]: Jump & Touch, $\frac{1}{8}$ Back, $\frac{1}{4}$ Step, Full Turn Step, Jump Out, Arms

&1-2 Jump forward onto left touching right behind left, turn $\frac{1}{8}$ left step right back (3:00)
3&4 Turn $\frac{1}{4}$ left step left forward, full turn left step right beside left (12:00)
&5-6 Jump both feet out punching both arms forward, punch both arms forward
7&8 Punch both arms forward, punch both arms forward, punch right arm up

Note: On punches forward, start with first punch at shoulder height and lower on the following punches

1-4 Slowly pull right arm down
