

# Lose Control

拍数: 32      墙数: 2      级数: Beginner  
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音乐: Lose Control - Meduza, Becky Hill & Goodboys



Intro:16 Counts(8 seconds)

## Section 1 : L Step Back, R Side Point, R Cross, L side point, Jazz box ¼ L

- 1-4            Step back on LF (1), point RF foot to R side(2) Cross RF foot over LF(3), point LF foot to Lside (4)  
5-8            Cross LF over RF(5), Make ¼ turn L Step back on LF(6) Step LF to L side(7), Touch RF beside LF(8) (9h)

## Section2 : Vine to R with L Touch , Vine to L with 1/4 Turn L, R Touch

- 1-4            Step RF to the R(1),Step LF behind RF(2),Step RF to the R(3) ,Touch LF beside RF (4)

### Options: shimmying shoulders or shake your body (just for fun)

- 5-8            Step LF to L side(5),Cross RF behind LF (6) 1/4 Turn L with LF forward (7) Touch RF. beside LF(8) (12h)

Option : Rolling Vine 1/4 L, R Touch

## Section 3 : R Diagonal fwd, L Touch, L Diagonal Back, R Touch, R Diagonal Back, L Together, R Diagonal Back, L Touch

- 1-4            Step RF to R diagonal forward (1) LF. Touch LF beside RF (2), Step LF to L diagonal back (3), Touch RF beside LF(4)  
5-8            Step RF to R diagonal back (5) Step LF beside RF (6), Step RF to R diagonal R back (7), Touch LF beside RF(8)

## Section 4 : Heel, Toe , Slide; Touch X2 (Left & Right)

- 1-4            \*Touch L heel forward (1), Touch LF beside RF (2), L Big side step & slide RF to LF(3),Touch RF beside LF (4) \*  
5-8            \*Touch R heel forward (5), Touch RF beside LF (6) , R Big side step& Slide LF to RF (7),Touch LF Beside RF (8)\*

**\*With funky style\***

Enjoy & Have fun

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