

Lose Control

拍数: 64

墙数: 1

级数: Advanced - Rolling 8/Viennese
Waltz



编舞者: Bradley Mather (USA) - September 2023

音乐: Lose Control - Teddy Swims

INTRO - 4 counts

RESTART - After 15 counts of Wall 3, slight step change. Restart at count 33.

Section 1: (1-8) BACK, HOOK, STEP $\frac{1}{8}$ SWEEP, CROSS, SIDE TOGETHER, BALL CROSS $\frac{1}{4}$ X2, BALL, BACK ROCK $\frac{1}{4}$, 1 $\frac{3}{4}$ TURN W/HITCH

- 1&a Start facing 10:30 and step L back hooking R leg across L (10:30)
- 2&a Step R leg forward sweeping L from back to front turning $\frac{1}{8}$ right (12:00)
- 3a4 Cross L over R, step R to R, step L next to R (12:00)
- a5 Step R to R turning $\frac{1}{4}$ left, cross L over R (9:00)
- a6 Step R to R turning $\frac{1}{4}$ left, cross L over R (6:00)
- a7 Step R to R turning $\frac{1}{4}$ left, rock L foot back (3:00)
- 8&a Step R forward, turn $\frac{1}{2}$ right stepping L back, turn $\frac{1}{2}$ right stepping R forward (3:00)
- 1&a Step L forward and finish $\frac{3}{4}$ turn right hitching up R leg (12:00)

Section 2: (9-16) SWAY X2, WEAVE, BACK TWINKLE X2, BACK DRAG, RUN X3

- 2&a Step R down and sway R (12:00)
- 3&a Sway L (12:00)
- 4&a Cross R over L, step L to L, cross R behind L (12:00)
- 5&a Rock L to L, recover to R, cross L behind R (12:00)
- 6&a Rock R to R, recover to L, cross R behind L (12:00)
- 7 Step L back toward 7:30 and collect R to L (12:00) (*RESTART)
- 8&a Step R forward turning $\frac{1}{8}$ right, step L forward, step R forward (1:30)

*RESTART: On wall 3, change last counts of this set to 8a by stepping R side and L together and restarting at count 33

Section 3: (17-24) STEP & SWEEP $\frac{3}{8}$, TOUCH, WALK X2, PIVOT $\frac{1}{2}$, $\frac{1}{4}$, SIDE BACK ROCK X2, BACK, WEAVE

- 1&a Step L forward, sweep R from back to front turning $\frac{3}{8}$ left lifting L arm up to comb hair with fingers pointing to R ear (9:00)
- 2&a Touch R forward with R knee bent rolling R wrist out and snapping R hand (9:00)
- 3&a Step R forward (9:00)
- 4a Step L forward, turn $\frac{1}{2}$ right stepping R forward (3:00)
- 5&a Step L to L turning $\frac{1}{4}$ right, rock R back, recover onto L (6:00)
- 6&a Step R to R, rock L back, recover onto R (6:00)
- 7 Step L to L (6:00)
- 8&a Cross R behind L, step L to L, cross R over L turning $\frac{1}{8}$ left (4:30)

Section 4: (25-32) STEP, BRUSH, HITCH, BACK, COASTER & SWEEP, EXTENDED WEAVE W/SWEEP, CROSS BEHIND, 1 $\frac{1}{2}$ TURN

- 1&a Step L forward, brush R forward, hitch R leg (4:30)
- 2 Step R back (4:30)
- 3&a Step L back, step R next to L, step L forward (4:30)
- 4 Step R forward sweeping L from back to front and turning $\frac{1}{8}$ right (6:00)
- 5&a Cross L over R, step R to R, cross L behind R (6:00)
- 6&a Step R to R, cross L over R, step R to R (6:00)
- 7&a Cross L behind R sweeping R from front to back (6:00)

8&a Touch R behind L, turn 1 ½ right on right foot, step L down (12:00)

***Easier option: turn ½ right**

Section 5: (33-40) SWAY X3, REACH, SIT ¼ R, STAND UP, RUN X2, SIDE

1&a Step R to R swaying R (12:00)

2&a Sway L, reaching L arm to left side (12:00)

3&a Sway R, reaching R arm to right side (12:00)

4&a Step L to L reaching both arms up, crossing arms over head (12:00)

5&a Turn 1/8 right as you sit back onto R leg and bring crossed arms down over chest (1:30)

6&a Keep sitting on R leg(1:30)

7&a Stand up onto L leg (1:30)

8&a Step R forward dropping arms, step L forward, step R to R (1:30)

Section 6: (41-48) REACH X2, CROSS ARMS, SWAY X3, TWINKLE & ½ HINGE X2

1&a Reach R arm forward, reach L arm forward, cross arms over chest (1:30)

2&a Sway L pushing arms down to sides (1:30)

3&a Sway R (1:30)

4&a Sway L (1:30)

5&a Cross R over L, step L to L, turning ¼ right step R to R (3:00)

6&a Cross L over R, turn ¼ left stepping R back, turn ¼ left stepping L to L (9:00)

7&a Cross R over L, step L to L, turning ¼ right step R to R (10:30)

8&a Cross L over R, turn ¼ left stepping R back, turn ¼ left stepping L to L (4:30)

Section 7: (49-56) CROSS ROCK, STEP BACK & SWEEP X3, SEAWEED ARMS, FULL TURN L (w/ WINDMILL ARMS)

1 Cross R over L (4:30)

2 Step Back on L sweeping R from front to back (4:30)

3 Step Back on R sweeping L from front to back (4:30)

4 Step Back on L sweeping R from front to back (4:30)

5&a Step R back lifting R arm up starting with elbow as if seaweed moving through water while moving left hand down in same fashion (4:30)

6&a Weight stays back on R. Switch arms as you lean backwards, switch arms as you lean backwards (4:30)

7 switch arms as you lean backwards bringing R arm up and over head and then down behind you as you lean backwards, while lifting L leg (4:30)

8&a Step L forward bringing L arm down and right arm up with locked elbows, turn ½ left stepping back on R and switching arms, turn ½ left stepping forward on L and switching arms (4:30)

Section 8: (57-64) CHASE ½, STEP, SAMBA, HEEL GRIND CROSS BACKS X2, CROSS ROCK SIDE ¼ , FULL TURN CHASE

1&a Step R forward, turn ½ left stepping forward onto L, step R forward (10:30)

2 Step L forward (10:30)

3a Cross R over L, step L to L (12:00)

4 Step R to R turning ¼ to right (1:30)

5&a Place L heel across right with weight, rotate slightly left as you replace weight onto R, step L to L (10:30)

6&a Place R heel across left with weight, rotate slightly right as you replace weight onto L, step R to R (1:30)

7&a Cross L over R, recover onto R, step L to L turning ¼ left (10:30)

8&a Step R forward, turn ½ left stepping L forward, turn ½ left stepping R back (10:30)

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