

Lose Control

拍数: 16 墙数: 2 级数: Improver - Rolling Count
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音乐: Lose Control - Teddy Swims



– No Tag – No Restart –

Intro : 4 counts - Bodyweight on the right foot
Séq: 16 - 16 - 16 - 16 - 16 - 16 - 16 - 16 - 16 - 16 - FINAL

S1 CROSS ROCK L, BALL CROSS R, SWEEP L, CROSS, SIDE, 1/8 BACK, POINT BACK R, UNWIND ½ R, FULL TURN R*, 1/8 SCISSOR CROSS, POINT, TOUCH**

- 1-2&a Cross LF over R (1) - Recover weight onto RF (2) - Step ball of LF next to right (&) - Cross RF over L (a)
- 3-4&a Sweep LF from back to front (3) - Cross LF over R (4) - Step RF to right (&) - Make 1/8 left stepping LF back (a) [10:30]
- 5-6&a Point RF back (5) - Make 1/2 turn right on RF finishing weight on R (6) [4:30] - Make 1/2 turn right stepping LF back (&) [10:30] - Make 1/2 turn right stepping R Fwd (a) [4:30]
- 7-a8&a Make 1/8 turn right stepping LF to left (7) [06:00] - Step RF next to L (a) - Cross LF over R (8) - Point RF to R (&) - Touch RF next to L (a)

*** Option Easy instead of the FULL TURN R counts (& a) replace RUN L - RUN R

S2 SLIDE R, BALL CROSS R, ¼ BACK, 1/8 SLIDE R, BALL STEP R, STEP L, HITCH R, BACK WITH SWEEP TWIN, SAILOR STEP 3/8 L

- 1-2&a Big Step RF to right (1) - Step LF next to R (2) - Cross RF over L (&) - Make 1/4 right stepping LF back (a) [9:00]
- 3-4&a Make 1/8 right with Big Step RF to right (3) [10:30] - Step LF next to R (4) - Step RF Fwd (&) - Step LF Fwd (a)
- 5-6 Raise knee right (5) - Stepping RF back with Sweep LF from front to back (6)
- 7-8&a Stepping LF back with Sweep RF from front to back (7) - Cross RF behind L (8) - Make 1/4 turn left stepping LF to left side (&) [7:30] - Make 1/8 turn left stepping RF to right side (a) [06:00]

**FINAL
UNWIND ½ L**

Start again with a smile V1-UK-FM le 10/08/2023

Last Update: 20 Nov 2023