

Lose Control

拍数: 48
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音乐: Lose Control - Teddy Swims

墙数: 4

级数: Absolute Beginner



Start after 12 counts of Intro - No Restarts, no Tags

Part 1: Step Point - Step Point (fwd and bwd)

123 RF fwd - Point with LF to side - hold
456 LF fwd - Point with RF to side - hold
123 RF bwd - Point with LF to side - hold
456 LF bwd - Point with RF to side - hold

Part 2: Step Hitch - Step Ronde

123 RF fwd - left knee hitch on 2 3 - 1/4 turn to right
456 LF bwd- RF Ronde

Part 3: Weave - Slide

123 RF cross behind LF - LF to side - RF cross in front of LF
456 LF slide to the left

Part 4: Step Clap

123 RF to right - high double clap on 2 3
456 LF to left - low double clap on 5 6
123 RF to right - high double clap on 2 3
456 LF to left - low double clap on 5 6

Part 5:

123 Step RF to right - Step LF beside RF on 3
456 Step RF to right with a slight sway to right
123 Step LF to the left - Step RF beside LF on 3
456 Step LF to the left with a slight sway to left
