

Losing It

拍数: 96 墙数: 4 级数:
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音乐: Lose Control - Teddy Swims



Sec 1 Twinkle, cross point, telemark, drag

123 LF over RF, RF to side, LF in place
456 RF over LF, point LF to side, hold
123 LF over RF, RF to side turning L, LF to side completing ½ turn L
456 Drag RF in closing to LF

Sec 2 Twinkle, cross point, telemark, drag

123 LF over RF, RF to side, LF in place
456 RF over LF, point LF to side, hold
123 LF over RF, RF to side turning L, LF to side completing ½ turn L
456 Drag RF in closing to LF

Sec 3 Cross sweep x 2, LF & RF Jazz box moving back

123 Step LF over RF, sweep RF from back to front over 2 counts
456 Step RF over LF, sweep LF from back to front over 2 counts
123 Step LF over RF, RF back, LF back
456 Step RF over LF, LF back, RF back

Sec 4 Cross sweep x 2, LF & RF Jazz box moving back

123 Step LF over RF, sweep RF from back to front over 2 counts
456 Step RF over LF, sweep LF from back to front over 2 counts
123 Step LF over RF, RF back, LF back
456 Step RF over LF, LF back, RF back

Sec 5 1/8 R Step kick, back ½ turn L, step forward, twinkle, cross point

123 Turn 1/8 to R Step LF forward, Lift R leg upwards over 2 counts
456 Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L
123 Step LF over RF, RF to side, LF in place
456 Step RF over LF, point LF to side, hold

Sec 6 Step kick, back ½ turn L, step twinkle, cross point

123 Step LF forward, Lift RF upwards over 2 counts
456 Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L
123 Step LF over RF, RF to side, LF in place
456 Step RF over LF, point LF to side, hold

Sec 7 Forward turn back 3/8 L, back hook, forward turn back ¼ L, back hook

123 LF forward, RF side turning 3/8 L, LF back
456 Step RF back, hook LF over R leg over 2 counts
123 LF forward, RF to side turning ¼ L, LF back
456 Step RF Back, hook LF over R leg over 2 counts

Sec 8 Step sweep x 2, ½ box ¼ L, ½ box ½ R

123 Step LF forward, sweep RF from back to front over 2 counts
456 Step RF forward, sweep LF from back to front over 2 counts
123 LF forward, RF Side turning ¼ L, close LF to RF
456 Turning ¼ R step RF forward, LF side turning ¼ R, close RF to LF

