

Lose Control

拍数: 48 墙数: 2 级数: Easy Intermediate - waltz
编舞者: Dylan MARTEEL (FR) & Wild Wild Dancers - April 2024
音乐: Lose Control - Teddy Swims



Intro : 12 counts

Section 1 : STEP L - SWEEP R - STEP R - SWEEP L

1 – 3 Step L fwd (1), Slowly sweep R from back to front (2 - 3)
4 – 6 Step R fwd (4), Slowly sweep L from back to front (5 - 6)

Section 2 : L TWINKLE - R TWINKLE

1 – 3 Cross L over R (1), Step R to R side (2), Step L next to R (3)
4 – 6 Cross R over L (4), Step L to L side (5), Step R next to L (6)

Section 3 : 1/8 TURN R STEP L - LIFT R LEG - LARGE STEP BACK R - DRAG L

1 – 3 Turn 1/8 R stepping L fwd (1) facing 1:30, Slowly lift R leg straight up (2-3)
4 – 6 Take large step back on R (4), Drag L towards R for two counts (5-6)

Section 4 : MODIFIED 1/2 DIAMOND

1 – 3 Cross L over R (1), Turn 1/8 L stepping R back (2), Turn 1/8 L stepping L to L side (3) 10:30
4 – 6 Step R back (4), Turn 1/8 L stepping L to L side (5), Turn 1/8 L stepping R fwd (6) 7:30

Section 5 : 1/8 TURN L CROSS L - POINT R - HOLD - BEHIND R - POINT L - HOLD

1 – 3 Turn 1/8 L crossing L over R (1) now facing 6:00, Point R to R side (2), Hold (3)
4 – 6 Cross R behind L (4), Point L to L side (5), Hold (6)

Section 6 : L SAILOR STEP - BEHIND R - SIDE L - 1/8 TURN L STEP R

1 – 3 Cross L behind R (1), Step R to R side (2), Step L to L side (3)
4 – 6 Cross R behind L (4), Step L to L side (5), Turn 1/8 L stepping R fwd (6) 4:30

Section 7 : MODIFIED 1/2 DIAMOND

1 – 3 Cross L over R (1), Turn 1/8 L stepping R back (2), Turn 1/8 L stepping L to L side (3) 1:30
4 – 6 Step R back (4), Turn 1/8 L stepping L to L side (5), Step R fwd (6) 12:00

Section 8 : STEP L - 1/2 TURN L BACK R - TOGETHER L - SLOW COASTER STEP

1 – 3 Step L fwd (1), Turn 1/2 L stepping R back (2), Step L next to R (3)
4 – 6 Step back on R (4), Step L next to R (5), Step R fwd (6)

ENDING : Step L - 1/2 Turn L sweeping R from back to front (finish facing 12:00)

* No Tag, No Restart

!!! Enjoy - Have Fun !!!