

Teddy, Lose Control!

COPPER KNOB
BY STEPHANIE

拍数: 16 墙数: 4
编舞者: Sarah Fröhlich (DE) - June 2024
音乐: Lose Control - Teddy Swims

级数: Newcomer / Improver - Novelty



Motion: novelty (12/8 timing)

Start the dance after 16 counts approx. 0:17 into the song.

[1-8] Back rock, sweep, cross, side, side with spiral turn 2x, side rock

1,2 RF step back, recover weight on LF with RF sweep from back to front
3 RF cross over LF
4 LF step left
5&a RF step right, LF cross over RF, full turn right ending weight on LF
6&a RF step right, LF cross over RF, full turn right ending weight on LF
7, 8 RF step right, recover weight on LF

[9-16] Side, back rock, side, heel grind, side, behind, side rock, behind, side rock with ¼ turn, back, lockstep backward

1 RF step to the side
2,3 LF step backward, recover weight RF
4 LF step to the side
5&a RF heel grind, LF side, RF behind
6&a LF step to the side, recover weight on RF, LF behind
7&a RF step to the side, recover weight on LF with ¼ turn right, RF step back
8&a LF step back, RF lock in front of LF, LF step back

Have fun, be happy and lose control!
