

# Lose Control

拍数: 24      墙数: 4      级数: Beginner - waltz  
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音乐: Lose Control - Teddy Swims



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Start after 12 beats

**S1: SHUFFLE L, SLOW CROSS ROCK FORWARD WITH R**

1,2,3      Step L to L, Step R beside L, Step R to L  
4,5,6      Cross rock R fwd across L, Hold (5,6)

**S2: SLOW RECOVER ON RIGHT, SAILOR TURN ¼ R**

1,2,3      Recover back on R, Hold (2,3)  
4,5,6      Turn ¼ R stepping R behind L (3:00), Step L beside R, Step R beside L

**S3: SWEEP FWD, LOCK FWD R**

1,2,3      Step L fwd, Sweep R fwd (2,3)  
4,5,6      Step R fwd, Lock L behind R, Step R fwd

**S4: STEP BACK AT DIAGONALS L & R**

1,2,3      Step L back to L diag, Touch R beside L, Hold  
4,5,6      Step R back to R diag, Touch L beside R, Hold

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