

Lose Control

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Karl Cregeen (UK)
音乐: Let Me Love You - Tim McGraw



½ TURN, KICK BALL CROSS

- 1-2 Step forward on your right foot, turn ½ turn over your right shoulder stepping back on your left foot
3&4 Kick right foot forward, replace right foot slightly behind left (&) cross left foot over right

MAMBO CROSS STEPS RIGHT & LEFT

- 5&6 Rock to the right side on your right foot, replace weight onto your left, step slightly forward on your right foot
7&8 Rock to the left side on your left foot, replace weight onto your right, step slightly forward on your left foot

½ TURN, KICK BALL CROSS

- 9-10 Step forward on your right foot, turn ½ turn over your right shoulder stepping back on your left foot
11&12 Kick right foot forward, replace right foot slightly behind left, cross left foot over right

MAMBO CROSS STEPS RIGHT & LEFT

- 13&14 Rock to the right side on your right foot, replace weight onto your left, step slightly forward on your right foot
15&16 Rock to the left side on your left foot, replace weight onto your right, step slightly forward on your left foot

¾ MONTEREY TURN TO RIGHT, SHUFFLE

- 17-18 Touch right out to the right side, turn ¾ turn to your right on your left foot landing on the right foot
19&20 Shuffle forward on your left, right, left

FORWARD & REVERSE MAMBO STEPS

- 21&22 Rock forward on your right foot, replace weight onto your left foot, step right next to left
23&24 Rock back onto your left foot, replace weight onto your right foot, then replace left next to right

SUGAR FOOT STEPS, ¼ TURN SHUFFLE

- 25-26 Swivel on the ball of your left foot as you step towards the right corner with your right foot, then swivel on the ball of your right foot as you step towards the left corner with your left foot
27&28 Turn ¼ turn to the right while shuffling on your right, left, right

½ RONDE RIGHT, THEN ¼ RONDE LEFT

- 29-30 Sweep your left leg around ½ turn (while turning ½ turn to the right on your right foot), touch left in front of right
31-32 Sweep your right leg around ¼ (while turning ¼ turn to the left on your left foot)

REPEAT