

Lose Control

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kathy Brown (USA) & Nancy Morgan (USA)
音乐: I Wanna Be With U - Fun Factory



LUNGE RETURN KICK, ¼ RIGHT STEP, SYNCOPATED STEPS, ¼ TURN LEFT

1-2 Lunge forward on right, as you return kick right forward
3-4 Touch right back, turn ¼ left stepping down on right
&5 Step left next to right, step right to side
&6 Step left next to right, step right to side
&7 Step left next to right, step right to side
8 Turn ¼ left, (weight is on right) left toe is touching

Styling:

4 Sweep right arm up and over chest
&5 Hips go down, arm sweeps across the body to a down position
&6 Hips go up, arm sweeps across the chest to a up position
&7 Hips go down, arm sweeps across the chest to a down position

PUSH RETURN, PUSH HITCH ¼ TURN LEFT, STEP RIGHT BACK ¼, STEP BACK LEFT VAUDEVILLE, CROSS RIGHT OVER LEFT

1-2 Push left forward (leaning with chest), return right
3-4 Push left forward, turning ¼ left hitch right
5-6 Step right back turning ¼ left, step left back
&7 Step right back, tap left heel forward (45)
&8 Step left next to right, cross right over left

UNWIND ¾ TURN LEFT, TOUCH RIGHT BACK, PIVOT ½ LEFT, ROCK RETURN 1 ½ TRIPLE TURN RIGHT

1-2 Unwind ¾ left (weight ends on right)
3-4 Touch left toe back, pivot ½ left (weight transfers to left)
5-6 Rock forward on right, return left
7&8 Turning ½ right, step right forward, turning ½ right step left forward, turning ½ right step right back

ROCK RETURN, STEP BACK, RIGHT COASTER, PT LEFT, PT RIGHT, TAP LEFT FORWARD

1-2 Rock left forward, return right
3&4 Step back left, step back right, point left to side
&5& Step left next to right, point right to side, step right next to left
6&7 Tap left heel forward, step left next to right, tap right heel forward
&8& Step right next to left, tap left heel forward, step left next to right

REPEAT
