

Lose Control

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Lose Control - The Saturdays : (CD: St Trinians 2: The Legend of Fritton's Gold - 3:16)



Intro: 32 Count (Approx. 13 Secs)

CHASSE RIGHT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP ¼ TURN L, TOUCH.

- 1 & 2 Step right to the right, close left up to right, step right to the right.
3 – 4 Rock back with left, recover onto right.
5 – 6 Step left forward to left diagonal, touch right next to left.
7 – 8 Make a ¼ turn left stepping right to the right, touch left next to right.
(9 o'clock)

CHASSE LEFT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP ¼ TURN R, TOUCH.

- 1 & 2 Step left to the left, close right up to left, step left to the left.
3 – 4 Rock back with right, recover onto left.
5 – 6 Step right forward to right diagonal, touch left next to right.
7 – 8 Make a ¼ turn right stepping left to the left, touch right next to left.
(12 o'clock)

KICK, BALL, CROSS. SIDE, TOUCH. X2.

- 1 & 2 Kick right foot forward to right diagonal, step right next to left, cross step left over right.
3 – 4 Step right to the right, touch left next to right.
5 & 6 Kick left foot forward to left diagonal, step left next to right, cross step right over left.
7 – 8 Step left to the left, touch right next to left.
(12 o'clock)

SIDE, BEHIND. CHASSE ¼ TURN R. STEP, PIVOT ¼ TURN R. CROSS, BACK STEP ¼ TURN L.

- 1 – 2 Step right to the right, cross step left behind right.
3 & 4 Step right to the right, close left up to right, make a ¼ turn right stepping forward with right.
5 – 6 Step forward with left, pivot a ¼ turn right.
7 – 8 Cross step left over right, make a ¼ turn left stepping back with right.
(3 o'clock)

SHUFFLE ½ TURN L. ROCK FORWARD. SHUFFLE ½ TURN R. ROCK FORWARD.

- 1 & 2 Shuffle a ½ turn left stepping; left, right, left.
3 – 4 Rock forward with right, recover onto left.
5 & 6 Shuffle a ½ turn right stepping; right, left, right.
7 – 8 Rock forward with left, recover onto right.
(3 o'clock)

SIDE, CROSS, SIDE, BEHIND. SIDE ROCK 1/8 TURN R. SHUFFLE FORWARD.

- 1 – 2 – 3 – 4 Step left to the left, cross step right over left, step left to the left, cross step right behind left.
5 – 6 Rock left to the left, make an 1/8 turn right recovering onto right.
7 & 8 Step forward with left, close right up to left, step forward with left.
(4:30)

STEP, MONTEREY ¼ TURN L. MONTEREY 3/8 TURN R. SWEEP, CROSS, SIDE.

- 1 – 2 – 3 Step forward with right, point left to the left, make a ¼ turn left stepping left next to right.
4 – 5 Point right to the right, make a 3/8 turn right stepping right next to left.
6 – 7 – 8 Sweep left foot to in front of right, cross step left over right, step right to the right.

(6 o'clock)

DRAG, BALL, CROSS. HOLD, BALL. JAZZ BOX with CROSS. HOLD.

1 & 2 Drag left up to right, step left next to right, cross step right over left.

3 & Hold for 1 count, step left next to right.

4 – 5 – 6 – 7 Cross step right over left, step back with left, step right to the right, cross step left over right.

8 Hold for 1 count.

(6 o'clock)

End of Dance. Start again and Enjoy!

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