

# Lose Control

拍数: 64      墙数: 4      级数: Easy Intermediate  
编舞者: Margaret Swift (UK) - June 2010  
音乐: Lose Control - The Saturdays : (CD: Wordshaker)



**Intro: 32 Count. Starts on Vocals (13 Secs)**

**Section 1: Step Lock Step Brush. Step Touch. Step Back Heel.**

1 – 2      Step forward right. Lock left behind right.  
3 – 4      Step forward right. Brush left forward  
5 – 6      Step forward on left. Touch right behind left.  
7 – 8      Step back on right. Touch left heel forward.

**Section 2: Step Forward Touch. Step Forward Touch. Step Back. Heel. Behind Side**

1 – 2      Step forward on left. Touch right behind left.  
3 – 4      Step diagonally forward on right. Touch left behind right.  
5 – 6      Step back on left. Touch right heel diagonally forward.  
7 – 8      Cross right behind left. Step left to left side.

**Section 3: Cross Unwind to Left Over 4 Counts. Back Strut Left. Back Strut Right**

1 – 4      Cross right over left. Unwind left turning  $\frac{1}{2}$  for three counts  
5 – 6      Step back on left toe. Snap left heel down.  
7 – 8      Step back on right toe. Snap right heel down.

**Section 4: Left Coaster Step. Brush Turn  $\frac{1}{4}$  Left. Side Behind Turn  $\frac{1}{2}$  Right Brush.**

1 – 2      Step back on left. Close right next to left.  
3 – 4      Step forward on left. Brush right foot forward turning  $\frac{1}{4}$  left.  
5 – 6      Step right to Right Side. Cross Left Behind Right.  
7 – 8      Turn  $\frac{1}{4}$  right stepping forward right. Tuning  $\frac{1}{4}$  right brushing left forward

**Section 5: Side Behind Side Brush. Step  $\frac{1}{2}$  Pivot Step  $\frac{1}{2}$  Pivot.**

1 – 2      Step left to left side. Cross right behind left.  
3 – 4      Step left to left side. Brush right forward.  
5 – 6      Step forward on right. Pivot  $\frac{1}{2}$  turn left.  
7 – 8      Step forward on right. Pivot  $\frac{1}{2}$  turn left

**Easy Option 5 – 8 (Rock forward on right Recover on left. Rock back on right. Recover on left)**

**Section 6: Jazz Box Cross. Weave Right. .**

1 – 2      Cross right over left. Step back on left.  
3 – 4      Step right to right side. Cross left over right  
5 – 6      Step right to right side. Cross left behind right.  
7 – 8      Step right to right side. Cross left over right.

**Section 7: Side Rock Cross Shuffle. Turn  $\frac{1}{4}$  Turn  $\frac{1}{4}$  Shuffle**

1 – 2      Rock right to right side. Recover on left.  
3 & 4      Cross right over left. Close left next to right. Cross right over left.  
5 – 6      Turn  $\frac{1}{4}$  right stepping back on left. Turn  $\frac{1}{4}$  right stepping forward on right  
7 & 8      Step forward left. Close right next to left. Step forward on left.

**Section 8: Left  $\frac{1}{4}$  Monteray Turn X2**

1 – 2      Point right to right side. Turn  $\frac{1}{4}$  right placing right beside left  
3 – 4      Point left to left side. Close left next to right.  
5 – 6      Point right to right side. Turn  $\frac{1}{4}$  right placing bight beside left

7 – 8            Point left to left side. Close left next to right.

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**Texas Rose Line Dancing**

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