

Lost Control (Can't Sleep)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Phoenix Adamson (NZ) - March 2013
音乐: S.O.S. (Rescue Me) - Rihanna



Intro: 32 Counts

SPLIT & CLAP, BEHIND & CROSS WITH CLAP, SPLIT ½ TURN WITH CLAP, SIDE ROCK

1 – 2 Split Legs Apart, CLAP
& 3 – 4 Cross Left Behind Right, Cross Right Over Left, CLAP
& 5 – 6 Step Left To Side Making ½ Turn Right, Step Right To Side, CLAP
7 – 8 Rock Left To Side, Recover Onto Right

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

1 & 2 Cross Shuffle Stepping Left – Right – Left
3 – 4 Rock Right To Side, Recover Onto Left
5 & 6 Cross Shuffle Stepping Right – Left – Right
7 – 8 Rock Left To Side, Recover Onto Right

MODIFIED ½ MONTEREY WITH KICK BALL – CROSS, MODIFIED ½ MONTEREY WITH KICK BALL – CROSS

1 – 2 – 3 & 4 Point Left To Side, Turning ½ Left Step Left To Side, Kick Right Foot Forward On Slight Diagonal, Step Right Next To Left, Cross Left Over Right
5 – 6 – 7 & 8 Point Right To Side, Turning ½ Right Step Right To Side, Kick Left Foot Forward On Slight Diagonal, Step Left Next To Right, Cross Right Over Left

SIDE ROCK, SAILOR WITH ¼ TURN, FORWARD TOUCH, FORWARD TOUCH

1 – 2 Rock Left To Side, Recover Onto Right
3 & 4 Step Back On Left Making ¼ Turn Right, Step Right Next To Left, Step Left Next To Right
5 – 6 – 7 – 8 Step Forward On Right Diagonal, Touch Left Beside Right, Step Forward On Left Diagonal, Touch Right Beside Left

REPEAT
