

# Lose Control

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Andrico Yusran (INA) - March 2020  
音樂: Lose Control - Meduza, Becky Hill & Goodboys



**\*No Tag No Restart\***

**\*Start Dance after music intro lyrics 16 counts\***

## **S1# V STEP - KICK BALL CHANGE ( 2X )**

1-4            Step R forward diagonal , L forward diagonal , R back to Centre , L close beside R  
5&6           R kick forward , R tap ball beside L , L tap in place beside R  
7&8           R kick forward , R tap ball beside L , L tap in place beside R

## **S2# GRIND 1/4 - COASTER STEP - FORWARD ROCK - COASTER STEP**

1-2            Step R heel cross over L , L back 1/4 turn to R  
3&4            R back , L close beside R , R forward  
5-6            L forward , R recover  
7&8            L back , R close beside L , L forward

## **S3# SIDE - CLOSE TOUCH - JAZZ BOX 1/4 - SIDE TOUCH - CLOSE TOUCH**

1-2            Step R to side , L close touch beside R  
3-6            L cross over R , R back , L side 1/4 turn to L , R forward  
7-8            L side touch - L close touch beside R

## **S4# FORWARD - LOCK - LOCK SHUFFLE - FORWARD ROCK - 1/4 TURN - CLOSE**

1-2            L forward , R lock behind L  
3&4            L forward , R lock behind L , L forward  
5-8            R forward , L recover , R side 1/4 turn to R , L close beside R

**Enjoy The Dance**

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