

Lose

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Lose - NIKI



Intro : 16 counts

I. BASIC NIGHTCLUB, BASIC NIGHTCLUB, DIAMOND

1-2& Step right to R side (1) close left behind R (2) cross right over L (&)
3-4& Step left to L side (3) close right behind L (4) cross left over R (&)
5 Step right fwd, sweep left from back to front (5)
6&7 Cross left over R (6) step right to R side (&) 1/8 turn , take big step L back, dragging right to L (7)(10.30)
8& Step right back (8) 1/8 turn L, step left to L side (&) (09.00)

II. CROSS, RECOVER, SIDE, CROSS, RECOVER SIDE, FWD, 1/2 TURN, SWEEP BEHIND, SIDE, RECOVER, BEHIND, SIDE, RECOVER

1-2& Cross right over L (1) recover on L (2) step right to R side (&)
3-4& Cross left over R (3) recover on R (4) step left to L side (&)
5 Step right fwd, 1/2 turn L sweeping left to back (5) (03.00)
6&7&8& Cross left behind R (6) step right to R side (&) recover on L (7) cross right behind L (&) step left to L side (8) recover on R (&)

III. BEHIND, HITCH, BEHIND, SIDE CROSS, SCISSOR, 1/4 TURN, 1/2 TURN, ROCKING CHAIR

1 Cross left behind R, hitch right around to back (1) (03.00)
2&3 Cross right behind L (2) step left to L side (&) cross right over L (3)
4&5 Step left to L side (4) step right beside L (&) cross left over R (5)
6&7&8& 1/4 turn L, step R back (12.00) (6) 1/2 turn L, step L fwd (06.00) (&) rock right fwd (7) recover on L (&) rock right back (8) recover on L (&) (06.00)

IV. FWD HITCH, BACK SWEEP, BACK SWEEP, COASTER STEP SWEEP, CROSS, BACK, SWAY, SWAY

1 Step right fwd, hitching left fwd (1)
2-3 Step left back, sweeping R from front to back (2) step right back, sweeping L from front to back (3)
4&5 Step left back (4) step right beside L (&) step left fwd, sweeping R to front (5)
6& Cross right over L (6) step L back (&)
7-8 Sway R, L

* RESTART 1: After 24 counts of wall 4 (facing 12.00)

* RESTART 2 & STEP CHANGE (after 18 counts of wall 7, 1/4 turn L, step L fwd touch right beside.

ENJOY THE DANCE.....

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