

I Don't Wanna Lose Control

COPPER **KNOB**
BY SHEETS

拍數: 16 牆數: 4 級數: Improver NC
編舞者: Véronique Vernet (FR) - October 2020
音樂: Control - Zoe Wees : (Album : Control - Single, March 2020)



Count Intro 2 x 8

BASIC NIGHT CLUB , ¼ TURN RIGHT, BACK RIGHT, LEFT , ¼ TURN RIGHT , POINT LEFT , ¼ TURN LEFT , ½ TURN LEFT WITH RIGHT BACK - LEFT SHUFFLE BACK

1.2& Step R on side (1) - Step L cross behind R (2) - Step R cross over L (&)
3.4& ¼ Turn R with Step L Back (3) - Back R (4) - Back L (&) 3 :00
5.6& ¼ Turn R with R Side and Point L Side 6 :00 - ¼ Turn L with L forward 3 :00 - 1/2Turn L with R Back 9 :00
7&8 Step Back L (7) -Step R next to L (&) - Step Back L (8) with sweep R 9 :00

BEHIND ,SIDE ,CROSS , SWAY - BEHIND SIDE- ROCK STEP OVER L - ROCK STEP SIDE - ROCK STEP BACK

1&2 Cross R Behind L - step L to L side - Cross R over L
3.4& Sway Left , R and Left
5&6& Cross R Behind L , Step L to L side, Rock on R over L, recover on L
7&8& Rocking R to R side , Recover on L - Rock on R behind L recover on L 9 :00

Chorégraphie envoyée par Véronique VERNET , mercredi 21 octobre 2020 - 17 : 45 -