

Lose Control

拍數: 32 牆數: 2 級數: Beginner
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音樂: Lose Control - Meduza, Becky Hill & Goodboys



Intro:16 Counts(8 seconds)

Section 1 : L Step Back, R Side Point, R Cross, L side point, Jazz box ¼ L

- 1-4 Step back on LF (1), point RF foot to R side(2) Cross RF foot over LF(3), point LF foot to Lside (4)
5-8 Cross LF over RF(5), Make ¼ turn L Step back on LF(6) Step LF to L side(7), Touch RF beside LF(8) (9h)

Section2 : Vine to R with L Touch , Vine to L with 1/4 Turn L, R Touch

- 1-4 Step RF to the R(1),Step LF behind RF(2),Step RF to the R(3) ,Touch LF beside RF (4)

Options: shimmying shoulders or shake your body (just for fun)

- 5-8 Step LF to L side(5),Cross RF behind LF (6) 1/4 Turn L with LF forward (7) Touch RF. beside LF(8) (12h)

Option : Rolling Vine 1/4 L, R Touch

Section 3 : R Diagonal fwd, L Touch, L Diagonal Back, R Touch, R Diagonal Back, L Together, R Diagonal Back, L Touch

- 1-4 Step RF to R diagonal forward (1) LF. Touch LF beside RF (2), Step LF to L diagonal back (3), Touch RF beside LF(4)
5-8 Step RF to R diagonal back (5) Step LF beside RF (6), Step RF to R diagonal R back (7), Touch LF beside RF(8)

Section 4 : Heel, Toe , Slide; Touch X2 (Left & Right)

- 1-4 *Touch L heel forward (1), Touch LF beside RF (2), L Big side step & slide RF to LF(3),Touch RF beside LF (4) *
5-8 *Touch R heel forward (5), Touch RF beside LF (6) , R Big side step& Slide LF to RF (7),Touch LF Beside RF (8)*

With funky style

Enjoy & Have fun

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