

# Lose Control

拍數: 48  
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音樂: Lose Control - Teddy Swims

牆數: 4

級數: Absolute Beginner



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Start after 12 counts of Intro - No Restarts, no Tags

## Part 1: Step Point - Step Point (fwd and bwd)

123 RF fwd - Point with LF to side - hold  
456 LF fwd - Point with RF to side - hold  
123 RF bwd - Point with LF to side - hold  
456 LF bwd - Point with RF to side - hold

## Part 2: Step Hitch - Step Ronde

123 RF fwd - left knee hitch on 2 3 - 1/4 turn to right  
456 LF bwd- RF Ronde

## Part 3: Weave - Slide

123 RF cross behind LF - LF to side - RF cross in front of LF  
456 LF slide to the left

## Part 4: Step Clap

123 RF to right - high double clap on 2 3  
456 LF to left - low double clap on 5 6  
123 RF to right - high double clap on 2 3  
456 LF to left - low double clap on 5 6

## Part 5:

123 Step RF to right - Step LF beside RF on 3  
456 Step RF to right with a slight sway to right  
123 Step LF to the left - Step RF beside LF on 3  
456 Step LF to the left with a slight sway to left

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