

# Losing It

拍數: 96      牆數: 4      級數:  
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音樂: Lose Control - Teddy Swims



## Sec 1 Twinkle, cross point, telemark, drag

123      LF over RF, RF to side, LF in place  
456      RF over LF, point LF to side, hold  
123      LF over RF, RF to side turning L, LF to side completing ½ turn L  
456      Drag RF in closing to LF

## Sec 2 Twinkle, cross point, telemark, drag

123      LF over RF, RF to side, LF in place  
456      RF over LF, point LF to side, hold  
123      LF over RF, RF to side turning L, LF to side completing ½ turn L  
456      Drag RF in closing to LF

## Sec 3 Cross sweep x 2, LF & RF Jazz box moving back

123      Step LF over RF, sweep RF from back to front over 2 counts  
456      Step RF over LF, sweep LF from back to front over 2 counts  
123      Step LF over RF, RF back, LF back  
456      Step RF over LF, LF back, RF back

## Sec 4 Cross sweep x 2, LF & RF Jazz box moving back

123      Step LF over RF, sweep RF from back to front over 2 counts  
456      Step RF over LF, sweep LF from back to front over 2 counts  
123      Step LF over RF, RF back, LF back  
456      Step RF over LF, LF back, RF back

## Sec 5 1/8 R Step kick, back ½ turn L, step forward, twinkle, cross point

123      Turn 1/8 to R Step LF forward, Lift R leg upwards over 2 counts  
456      Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L  
123      Step LF over RF, RF to side, LF in place  
456      Step RF over LF, point LF to side, hold

## Sec 6 Step kick, back ½ turn L, step twinkle, cross point

123      Step LF forward, Lift RF upwards over 2 counts  
456      Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L  
123      Step LF over RF, RF to side, LF in place  
456      Step RF over LF, point LF to side, hold

## Sec 7 Forward turn back 3/8 L, back hook, forward turn back ¼ L, back hook

123      LF forward, RF side turning 3/8 L, LF back  
456      Step RF back, hook LF over R leg over 2 counts  
123      LF forward, RF to side turning ¼ L, LF back  
456      Step RF Back, hook LF over R leg over 2 counts

## Sec 8 Step sweep x 2, ½ box ¼ L, ½ box ½ R

123      Step LF forward, sweep RF from back to front over 2 counts  
456      Step RF forward, sweep LF from back to front over 2 counts  
123      LF forward, RF Side turning ¼ L, close LF to RF  
456      Turning ¼ R step RF forward, LF side turning ¼ R, close RF to LF

