

Lose Control

拍數: 64 牆數: 4 級數: Easy Intermediate
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音樂: Lose Control - The Saturdays : (CD: Wordshaker)



Intro: 32 Count. Starts on Vocals (13 Secs)

Section 1: Step Lock Step Brush. Step Touch. Step Back Heel.

1 – 2 Step forward right. Lock left behind right.
3 – 4 Step forward right. Brush left forward
5 – 6 Step forward on left. Touch right behind left.
7 – 8 Step back on right. Touch left heel forward.

Section 2: Step Forward Touch. Step Forward Touch. Step Back. Heel. Behind Side

1 – 2 Step forward on left. Touch right behind left.
3 – 4 Step diagonally forward on right. Touch left behind right.
5 – 6 Step back on left. Touch right heel diagonally forward.
7 – 8 Cross right behind left. Step left to left side.

Section 3: Cross Unwind to Left Over 4 Counts. Back Strut Left. Back Strut Right

1 – 4 Cross right over left. Unwind left turning $\frac{1}{2}$ for three counts
5 – 6 Step back on left toe. Snap left heel down.
7 – 8 Step back on right toe. Snap right heel down.

Section 4: Left Coaster Step. Brush Turn $\frac{1}{4}$ Left. Side Behind Turn $\frac{1}{2}$ Right Brush.

1 – 2 Step back on left. Close right next to left.
3 – 4 Step forward on left. Brush right foot forward turning $\frac{1}{4}$ left.
5 – 6 Step right to Right Side. Cross Left Behind Right.
7 – 8 Turn $\frac{1}{4}$ right stepping forward right. Tuning $\frac{1}{4}$ right brushing left forward

Section 5: Side Behind Side Brush. Step $\frac{1}{2}$ Pivot Step $\frac{1}{2}$ Pivot.

1 – 2 Step left to left side. Cross right behind left.
3 – 4 Step left to left side. Brush right forward.
5 – 6 Step forward on right. Pivot $\frac{1}{2}$ turn left.
7 – 8 Step forward on right. Pivot $\frac{1}{2}$ turn left

Easy Option 5 – 8 (Rock forward on right Recover on left. Rock back on right. Recover on left)

Section 6: Jazz Box Cross. Weave Right. .

1 – 2 Cross right over left. Step back on left.
3 – 4 Step right to right side. Cross left over right
5 – 6 Step right to right side. Cross left behind right.
7 – 8 Step right to right side. Cross left over right.

Section 7: Side Rock Cross Shuffle. Turn $\frac{1}{4}$ Turn $\frac{1}{4}$ Shuffle

1 – 2 Rock right to right side. Recover on left.
3 & 4 Cross right over left. Close left next to right. Cross right over left.
5 – 6 Turn $\frac{1}{4}$ right stepping back on left. Turn $\frac{1}{4}$ right stepping forward on right
7 & 8 Step forward left. Close right next to left. Step forward on left.

Section 8: Left $\frac{1}{4}$ Monteray Turn X2

1 – 2 Point right to right side. Turn $\frac{1}{4}$ right placing right beside left
3 – 4 Point left to left side. Close left next to right.
5 – 6 Point right to right side. Turn $\frac{1}{4}$ right placing bight beside left

7 – 8 Point left to left side. Close left next to right.

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Texas Rose Line Dancing
