

OMG I Lose Control

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased High Intermediate
编舞者: Wendy Johansson (CAN) - October 2016
音乐: Lose Control (Radio Edit) - Hedley : (iTunes)



Sequence: -AA BB AA BB AA BBB

Intro 4 Counts – Modified Start on count 5 of 'A'

PHRASE A: 32 COUNTS:

A[1-8] Rolling Vine to Right, Cross, Side, Sailor 1/2 Turn L.

1 2 3 &4 1/4 turn to R step R to right side (to 3:00), 1/2 turn to R stepping L (to 9:00), 1/4 turn to R shuffling to R (to 12:00).

(Modified Start: -A: Dance begins here on count 5 - first time A only)

5 6 7&8 Cross L over R, Step R to R side. Sailor 1/2 turn to L: Step L ball behind R, 1/2 turn to L on R (to 6:00), step on L.

A[9-16] Walk R/L, Out Out In, Cross, Side, Sailor 1/2 Turn L.

1 2 &3 4 Walk forward R/L, Step out wide R/L, Step R in.

5 6 7&8 Cross L over R, Step R to R side. Sailor 1/2 turn to L : Step L ball behind R, 1/2 turn to L on R (to 12:00), step on L.

A[17-24] Hip circle & Bump R/L, Ball Step, Point Side Point Front, Heel Swivel.

1 2 3 4 Step R to R semi-circling hips anti-clockwise and bump to L diagonal touching L toe on L diagonal. Repeat L: step L semi-circling hips clockwise to R and bump to R diagonal touching R toe on R diagonal.

&5 6 7 &8 Ball cross step R/L. Point R toe to R side, Point R toe to front. Swivel heels to right and back center.

A[25-32] 2 Heel Bounces 1/2 Turn L, Step L/Reach R Hand Out, L Hand Clasp R Wrist, Elbow/Swivel R Hip 2x, Slide R in & Hitch.

1 2 3 4 Bounce heels 1/4 turn 2x totalling a 1/2 turn to left (to 6:00). Step L to L side and extend R arm out in front/center at chest/navel height. L hand clasp R wrist.

5 &6 7 8 As R elbow pulls to R side, swivel R hip in, bring elbow back to L/hip out R, elbow R/R hip in. Slide R in beside L and hitch R.

PHRASE B: 32 COUNTS

B[1-8] Step Forward Right/Sweep Left Across, Crossing Shuffle, Vstep Cross-syncopated., Step or Slide Right, Slide Left in with a Touch.

1 2 &3 Step R forward, sweep L across R. Cross L over R, Step R ball to L, Step L to R.

4 5 &6 7 8 Step R to R diagonal, Step L to L diagonal, Step R back & in, Cross L over R. Big Step or slide to R on R, Slide L in and touch.

B[9-16] Sailor 1/4 Turn L, 3 toe struts full turn (moving toward 9:00).

1 & 2 Step L behind R, Step R 1/4 turn, Replace L beside R (to 9:00).

3 4 5 6 7 8 Toe strut forward on R, 1/2 turn to R on L (to 3:00), 1/2 turn to R on R (to 9:00).

Fun Turning Option: replace 3rd toe strut with 1 1/2 triple step turn to R on 7&8.

B[17-24] Step Left, 1/4 Right, Hip Bump 'C'- Step 1/4 Left, 1/4 Right, Shoulder Raises R/L/R.

1 2 3 &4 Step forward L, 1/4 turn to L step R to side (to 6:00). 'C' Bump R hip: up R, replace L, and down R.

5 6 7 &8 1/4 turn to L step L forward, 1/4 turn to L step R to R side (to 12:00). Step on L ball of foot shifting weight to left and leaning slightly to back left diagonal & pop R shoulder up, switch L shoulder up/R down, switch R shoulder up/L down.

B[25-32] 1/4 Turn Right, Step Left, 1/2 pivot to Right, 1/4 Turn Step L. Stanky Knee Left, Right Hand to Face, Turn Head to Left.

1 2 3 4 1/4 turn to R step R forward (to 3:00), Step L forward & pivot 1/2 to R onto R (to 9:00), 1/4
turn to R to step L to left side (to 12:00).
5 6 Take L arm extended from shoulder to left side/Stanky knee on L: rotate L hip/knee inward
and out in a circular motion (anti-clockwise).
7 8 R hand to R side of face/jaw. R hand push head to look L.
SHAZAM!!!! :D

Ending: Facing 12:00. Hold pose from count 32. Option: bend R knee in and drop head to L side.

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