

Lose Control

拍數: 36 牆數: 4 級數: High Improver
編舞者: Bernadette Burnette (USA) - January 2025
音樂: Lose Control (feat. Ciara & Fat Man Scoop) - Missy Elliott



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1 12 COUNTS

TRIPLE LEFT, FULL TURN LEFT, STEP, BACK TAP, STEP, BACK TIC

1&2 3&4 Step left together left, step full turn left on right, left, right

5 6 7 8 Step forward on left, tap back on right, step on right, tic back left

QUARTER LEFT TURN

1 2 3 4 Step on left quarter turning left, recover right facing 9:00, step left behind right, step left next to right

REPEAT PART 1 END FACING 6:00

PART 2 8 COUNTS

SIDE SHUFFLE, DANGLE LEFT FOOT FRONT, SWING/LEFT QUARTER PIVOT TURN

1 2 3 Step left, right together, step left side

4 5 6 Lift left foot and dangle/shake it twice in front start swing/turn to left still standing on right foot

7 8 Complete left turn stepping in place left, right to face 3:00

PART 3 16 COUNTS

8 COUNT PADDLE LEFT HALF TURN

1 - 8 Paddle step on right foot, left foot stationary, to complete left half turn to face 9:00

WALK UP, HIPS, QUARTER TURN LEFT

1 2 3 Walk up right, left, right pushing hips forward on 3, hips back on 4

5 6 7 8 Hips up, back, pivot on left foot count 6 quarter turn left recovering on right, facing 12:00

REPEAT PART 3 ENDING AT 9:00

END OF DANCE – KEEP REPEATING UNTIL MUSIC ENDS

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com