

# Lose Control

Count: 48

Wand: 2

Ebene: Improver - Viennese Waltz

Choreograf/in: Judy Rodgers (USA) - February 2024

Musik: Lose Control - Teddy Swims : (Album: I've Tried Everything but Therapy - amazon)



**#12 count Intro (note: dance starts before vocals kick in) no tags or restarts**

**S1: Step side rock, cross side behind**

1-3 Step L fwd, rock R to right, recover L  
4-6 Cross R over L, step L to left side, step R behind L

**S2: Step/dip/sway L and R**

1-3 Step/dip/sway L to left side over 3 counts  
4-6 Step/dip/sway R to right side over 3 counts

**S3: Behind side rock, behind point hold**

1-3 Step L behind R, rock R to right side, recover L  
4-6 Step R behind L, point L to left side, hold

**S4: Cross turn 1/4 L back hold, back sweep**

1-3 Cross L over R, turn 1/4 left step R back, hold 9:00  
4-6 Step L back, sweep R from front to back over 2 beats

**S5: Behind side rock, back point hold**

1-3 Step R behind L, rock L to left side, recover R  
4-6 Step L back behind R, point R to right side, hold

**S6: Cross turn 1/4 R turn 1/4 R, cross side rock**

1-3 Cross R over L, turn 1/4 right step L back, turn 1/4 right step R to right side 3:00  
4-6 Cross L over R, rock R to right side, recover L

**S7: Cross turn 1/4 R hold, sweep/turn 1/4 R sailor step**

1-3 Cross R over L, turn 1/4 right step L back, hold 6:00  
4-6 Sweep/step R behind L, step L to left side, step R to right side

**S8: Step kick, back touch hold**

1-3 Step L fwd, kick R fwd over 2 counts  
4-6 Step R back, touch L to left side, hold

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