## Lose Control

Count: 96
Wand: 4
Ebene: Easy Intermediate - waltz
Choreograf/in: Sarah Massey-Mccann (UK) - February 2024
Musik: Lose Control - Teddy Swims
\#12 count intro (before vocals hit) - Official Video Version (Not live)

## Back Sweep, Back Sweep, Behind Side Cross, Long Side step, Drag

| 1-6 | Step back Right, Sweep Left from front to back over 2 counts, Step Back Left Sweep Right <br> from front to back over 2 counts |
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| 7-12 | Cross Right behind Left, Step Left to side, Cross Right over Left, Step Left long step to side, <br> Drag touch Right to meet left (over 2 counts) |

Sway Right, Sway Left, $11 / 4$ turn Right, Step Forward Point Hold

| 13-18 | Sway to Right over 3 counts, Sway to Left over 3 counts (weight on left) |
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| 19-21 | $1 / 4$ Turn Right stepping on Right, $1 / 2$ Turn Right stepping back on left, $1 / 2$ turn Right stepping <br> fwd Right (Alternative $1 / 4$ Right walking Right Left Right) |
| $22-24$ | Step fwd Left, Point Right to side, Hold |

Sailor Step, Step Back Sweep, Sailor Step, Step Back Sweep
25-27 Cross Right behind left, Step Left out to side, Step Right out to side
28-30 Step back on Left, Sweep Right from front to back over 2 counts
31-33 Cross Right behind left, Step Left out to side, Step Right out to side
34-36 Step back on Left, Sweep Right from front to back over 2 counts
Coaster Step, $1 / 4$ Left Fwd Basic, Coaster Step, $1 / 4$ Left Fwd Basic
37-39 Step Back Right, Step Left next to Right, Step Right fwd
40-42 $\quad 1 / 4$ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place
43-45 Step Back Right, Step Left net to Right, Step Right fwd
46-48 $\quad 1 / 4$ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place
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\begin{array}{ll}\text { Step Back Hook/Hitch Hold, Step Kick Hook, Step Sweep, Step Sweep } \\
\text { 49-54 } & \begin{array}{l}\text { Step Back Right, Hook/Hitch Left in front of Right, Hold. Step Fwd Left, Low Kick/point Right }\end{array}
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Fwd, Hook Right in front of Left\end{array}\right]\)| Step Fwd Right, Sweep Left from back to front over 2, Step Fwd Left, Sweep Right from back |
| :--- |
| St front over 2 |

Cross Side Behind, $1 / 4$ Left Point Hold, $1 / 4$ Right Point Hold, $1 / 4$ Left Point Hold
61-66 Cross Right Over Left, Step Left to Side, Cross Right behind Left. Turn $1 / 4$ Left stepping Fwd Left, Point Right to side, Hold
67-72 Turn $1 / 4$ Right stepping Right to Side, Point Left to side, Hold. Turn $1 / 4$ Left stepping Fwd Left, Point Right to side, Hold

Sailor Step, Step Back Sweep, Sailor Step, Step Back Sweep

73-75 Cross Right behind left, Step Left out to side, Step Right out to side
76-78 Step back on Left, Sweep Right from front to back over 2 counts
79-81 Cross Right behind left, Step Left out to side, Step Right out to side
82-84 Step back on Left, Sweep Right from front to back over 2 counts
Coaster Step, $1 / 4$ Left Fwd Basic, Coaster Step, Step Point Hold
85-87 Step Back Right, Step Left next to Right, Step Right Fwd
88-90 $\quad 1 / 4$ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place
91-93 Step Back Right, Step Left net to Right, Step Right Fwd

Last Update: 26 Feb 2024

