

# Lose Control

Count: 48

Wand: 4

Ebene: Absolute Beginner

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Musik: Lose Control - Teddy Swims



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**Start after 12 counts of Intro - No Restarts, no Tags**

**Part 1: Step Point - Step Point (fwd and bwd)**

123 RF fwd - Point with LF to side - hold  
456 LF fwd - Point with RF to side - hold  
123 RF bwd - Point with LF to side - hold  
456 LF bwd - Point with RF to side - hold

**Part 2: Step Hitch - Step Ronde**

123 RF fwd - left knee hitch on 2 3 - 1/4 turn to right  
456 LF bwd- RF Ronde

**Part 3: Weave - Slide**

123 RF cross behind LF - LF to side - RF cross in front of LF  
456 LF slide to the left

**Part 4: Step Clap**

123 RF to right - high double clap on 2 3  
456 LF to left - low double clap on 5 6  
123 RF to right - high double clap on 2 3  
456 LF to left - low double clap on 5 6

**Part 5:**

123 Step RF to right - Step LF beside RF on 3  
456 Step RF to right with a slight sway to right  
123 Step LF to the left - Step RF beside LF on 3  
456 Step LF to the left with a slight sway to left

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