

# Lose Control

Count: 24

Wand: 4

Ebene: Beginner - waltz

Choreograf/in: Laura Rittenhouse (AUS) - November 2024

Musik: Lose Control - Teddy Swims



**Start after 12 beats**

**S1: SHUFFLE L, SLOW CROSS ROCK FORWARD WITH R**

1,2,3 Step L to L, Step R beside L, Step R to L  
4,5,6 Cross rock R fwd across L, Hold (5,6)

**S2: SLOW RECOVER ON RIGHT, SAILOR TURN ¼ R**

1,2,3 Recover back on R, Hold (2,3)  
4,5,6 Turn ¼ R stepping R behind L (3:00), Step L beside R, Step R beside L

**S3: SWEEP FWD, LOCK FWD R**

1,2,3 Step L fwd, Sweep R fwd (2,3)  
4,5,6 Step R fwd, Lock L behind R, Step R fwd

**S4: STEP BACK AT DIAGONALS L & R**

1,2,3 Step L back to L diag, Touch R beside L, Hold  
4,5,6 Step R back to R diag, Touch L beside R, Hold

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