

# Lose Control

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dan Morrison (CAN) - November 2015

**Music:** Lose Control - Hedley



**Intro: 16 Counts after first downbeat**

**S1: Rock & Hitch, Coaster, 1/2 Pivot, Syncopated Rocking-Horse**

1&2            Rock R forward (1) Recover onto L (&) Hitch R Knee (2)  
3&4            Step R back (3) Step L beside R (&) Step R forward (4)  
5-6            Step L forward (5) 1/2 Pivot R, wt on R (6)  
7&8&          Rock L forward (7) Recover onto R (&) Rock L back (8) Recover onto R (&)

**S2: Oz Step, Rock-Recover, Shuffle**

1-2            Step L forward (1) Lock R behind L (2)  
&3-4          Step L beside R (&) Step R forward (3) Lock L behind R (4)  
&5-6          Step R beside L (&) Rock L forward (5) Recover onto R (6)  
7&8            L Shuffle forward

**S3: 1/4 Pivot, & Point & Point, Behind, Side, Shuffle forward**

1-2            Step R forward (1) 1/4 Pivot L, wt on L (2)  
&3&4          Step R beside L (&) Point L side L (3) Step L beside R (&) Point R side R (4)  
5-6            Step R behind L (5) Step L side L (6)  
7&8            Step R forward (7) Step L beside R (&) Step R forward (8)

**S4: 1/2 Pivot, Shuffle, Spiral turn, Shuffle**

1-2            Step L forward (1) 1/2 Pivot R, wt on R (2)  
3&4            L Shuffle forward  
5-6            Step R forward (5) Full turn L, wt on R keeping L wrapped around R (6)  
7&8            L Shuffle forward

**HAVE FUN AND ENJOY**

**Contact:** [dan\\_orillia@live.com](mailto:dan_orillia@live.com)