

# Lose Control

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Pattie LeBlanc (CAN) - June 2016

Music: Lose Control - Hedley



Intro: 32 counts

## (1-8) □ POINT, POINT, TRIPLE 1/2 TURN, COASTER STEP, KICK BALL CROSS

- 1, 2 Point RT in front of LF (1), point RT to the right (2)  
3&4 Turn 1/4 L step RF to the R (3), step LF next to RF (&), turn 1/4 L step back on RF (4) 6  
5&6 Step LF back (5), bring RF next to LF (&), step LF fwd (6)  
7&8 Kick RF fwd (7), step on ball of RF (&), cross LF over RF (8)

## (9-16) □ CHASSÉ HITCH, CHASSÉ 1/4 TURN HITCH, 1/2 TURN HITCH, ROCK, RECOVER, STEP

- 1&2 Step RF right (1), step LF next to RF (&), step RF hitching L knee (2)  
3&4 Step LF Left (3), step RF next to LF (&), step LF 1/4 turn left hitching R knee (4) □ 3  
5 Step RF back making 1/2 turn left while hitching L knee (5) □ □ □ 9  
6, 7, 8 Rock LF back (6), recover on RF (7), step LF fwd (8)

## (17-24) □ POINT, POINT, 1/4 R SAILOR, TOUCH, TOUCH, SAMBA 1/4 TURN

- 1, 2 Point RT in front of LF (1), point RT to the right (2)  
3&4 Sweep RF behind LF making 1/4 turn right (3), step LF in place (&), step RF fwd (4) □ □ □ 12  
5, 6 Point LF fwd (5), point LF back (6)  
7&8 Step LF fwd (7), samba step with RF (&), step LF fwd 1/4 turn left (8) □ □ 9

## (25-32) □ HIP BUMPS RLR, HIP BUMPS LRL, 1/4 TURN R SWAY R, L, STEP 1/4 R, TURN 1/4 R

- 1&2 Step RF fwd and hip right (1), hip left (&), hip right (2)  
3&4 Step LF fwd and hip left (3), hip right (&), hip left (4)  
5, 6 To 1/4 turn left step RF right swaying R (5) and L (6) □ □ □ 6  
7, 8 Step RF 1/4 turn R (7), 1/4 turn R step LF left (8) weight is on your left. □ 12

## (33-40) □ STEP, TOUCH, CHASSÉ L, CROSS BEHIND, POINT L, SAILOR STEP

- 1, 2 Step RF right (1), touch LF next to RF (2)  
3&4 Step LF left (3), step RF next to LF (&), step LF left (4)  
5, 6 Cross RF behind LF (5), point L toe left (6)  
7&8 Cross LF behind RF (7), step RF right (&), step LF left (8)

## (41-48) □ ROCK RECOVER, 1/2 TURN R SHUFFLE, & STEP HOLD, & STEP, TOUCH

- 1, 2 Rock RF fwd (1), recover on LF (2)  
3&4 To 1/2 R step RF fwd (3), step LF next to RF (&), step RF fwd (4) □ □ 6  
&5, 6 Step on ball of LF (&) step RF right (5), hold (6)  
& 7, 8 Step on ball of LF (&) step RF right (7), touch LF next to RF (8)

## (49-56) STEP 1/4 TURN L, TOUCH 1/2 TURN L, RUN (3X), ROCK RECOVER, SHUFFLE FWD

- 1, 2 Step 1/4 turn L with LF (1), to 1/2 turn L touch R toe next to LF (2) □ □ 9  
3&4 Run bwd R (3) L (&) R (4)  
5, 6 Rock LF back (5), recover on RF (6)  
7&8 Step LF fwd (7), touch RF next to LF (&), step LF fwd (8)

## (57-64) TOE STRUT, 1/2 TURN R TOE STRUT, STEP KICK, BALL WALK, WALK

- 1, 2 Point R toe fwd (1), R heel down (2)  
3, 4 To 1/2 turn R touch L toe next to RF (3), L heel down (4) □ □ □ 3  
5, 6 Step back on RF (5), kick LF fwd (6)

&7, 8            Step back on ball of LF (&), step back on RF (7), step back on LF (8)

**Start over**

**RESTART on wall 2, after 32 counts, facing 3 o'clock wall.**

**TAG: On wall 3, after 26 counts (Hips RLR), facing 12 o'clock wall.**

&1,2            OUT, OUT, HOLD (Step LF left, Step RF right, hold)

&3,4            BALL CROSS UNWIND (Step ball of LF behind RF, cross RF over LF, unwind for a full turn)

**RESTART dance from beginning and keep going.**

**Happy dancing!**

**Contact : [biotg@hotmail.com](mailto:biotg@hotmail.com)**

**Last Update - 16th June 2016**

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