

# Lose Control

Count: 32

Wall: 2

Level: Beginner

Choreographer: Karolyna Caceres Lopez (FR) - March 2022

Music: Lose Control - Meduza, Becky Hill & Goodboys



**Intro: 16 Counts (8 seconds)**

**Section 1 : L Step Back, R Side Point, R Cross, L side point, Jazz box ¼ L**

- 1-4 Step back on LF (1), point RF foot to R side(2) Cross RF foot over LF(3), point LF foot to Lside (4)
- 5-8 Cross LF over RF(5), Make ¼ turn L Step back on LF(6) Step LF to L side(7), Touch RF beside LF(8) (9h)

**Section2 : Vine to R with L Touch , Vine to L with 1/4 Turn L, R Touch**

- 1-4 Step RF to the R(1), Step LF behind RF(2), Step RF to the R(3) , Touch LF beside RF (4)

**Options: shimmying shoulders or shake your body (just for fun)**

- 5-8 Step LF to L side(5), Cross RF behind LF (6) 1/4 Turn L with LF forward (7) Touch RF. beside LF(8) (12h)

**Option : Rolling Vine 1/4 L, R Touch**

**Section 3 : R Diagonal fwd, L Touch, L Diagonal Back, R Touch, R Diagonal Back, L Together, R Diagonal Back, L Touch**

- 1-4 Step RF to R diagonal forward (1) LF. Touch LF beside RF (2), Step LF to L diagonal back (3), Touch RF beside LF(4)
- 5-8 Step RF to R diagonal back (5) Step LF beside RF (6), Step RF to R diagonal R back (7), Touch LF beside RF(8)

**Section 4 : Heel, Toe , Slide; Touch X2 (Left & Right)**

- 1-4 \*Touch L heel forward (1), Touch LF beside RF (2), L Big side step & slide RF to LF(3), Touch RF beside LF (4) \*
- 5-8 \*Touch R heel forward (5), Touch RF beside LF (6) , R Big side step & Slide LF to RF (7), Touch LF Beside RF (8)\*

**\*With funky style\***

**Enjoy & Have fun**

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