

Sync or Swim

Count: 32

Wall: 2

Level: Improver

Choreographer: Elaine Collins (SCO) - December 2023

Music: Lose Control - Teddy Swims



[1 – 8] Weave, Cross Rock, Side Step-Rock Back x 2 with ¼ turn right on 2nd one

- 1&2 Step right foot across left foot, step left foot to left, step right foot behind left
&3 Step left foot to left, rock right foot across in front of left foot
&4 Replace weight on to left foot, step right foot wide to right side
5& Rock left foot behind right foot, replace weight fwd on to right foot
6,7 Step left foot wide to left side, rock right foot behind left foot
&8 Replace weight fwd on to left foot, make ¼ turn right stepping on right foot - ronde left foot from back to front at same time

[9 – 16] Weave, Cross Rock, Side Step-Rock Back x 2 with ½ turn left on 2nd one

- 1&2 Step left foot across right foot, step right foot to right, step left foot behind right
&3 Step right foot to right, rock left foot across in front of right foot
&4 Replace weight on to right foot, step left foot wide to left side
5& Rock right foot behind left foot, replace weight fwd on to left foot
6,7 Step right foot wide to right side, rock left foot behind right foot
&8 Replace weight fwd on to right foot, make ½ turn left stepping on left foot – ronde right foot from back to front at same time

[17 – 24] Swivell Walks forward x3, Forward Rock, Back Walks x2, Back Walk Rondes x3

- 1,2,3 Step right foot forward across left, step left foot forward across right, Step right foot forward across left
4& Rock left foot forward, replace weight back on to right foot
5& Step left foot back, step right foot back
6 Step left foot back – ronde right foot back
7 Step right foot back – ronde left foot back
8 Step left foot back – ronde right foot back

[25 – 32] (Sailor Step, Step Ronde-x2), Step Hook x 3, Step – Ronde ¼ turn Left

- 1&a Step right foot behind left, step left foot to left, step right foot to right
2 Step left foot back – ronde right foot back
3&a Step right foot behind left, step left foot to left, step right foot to right
4 Step left foot back – ronde right foot back
5& Step back on right foot, hook left foot in front of right
6& Step forward on left foot, hook right foot behind left
7& Step back on right foot, hook left foot in front of right
8 Step forward turning ¼ turn left on left foot foot – ronde right foot from back to front at same time

At the end of the song, dance step 16 with a ¾ turn instead of a ½ turn to end facing the front

Start Again & Enjoy!