

# Lose Control

Count: 96

Wall: 4

Level: Easy Intermediate - waltz

Choreographer: Sarah Massey-Mccann (UK) - February 2024

Music: Lose Control - Teddy Swims



## #12 count intro (before vocals hit) – Official Video Version (Not live)

### Back Sweep, Back Sweep, Behind Side Cross, Long Side step, Drag

- 1-6 Step back Right, Sweep Left from front to back over 2 counts, Step Back Left Sweep Right from front to back over 2 counts
- 7-12 Cross Right behind Left, Step Left to side, Cross Right over Left, Step Left long step to side, Drag touch Right to meet left (over 2 counts)

### Sway Right, Sway Left, 1 ¼ turn Right, Step Forward Point Hold

- 13-18 Sway to Right over 3 counts, Sway to Left over 3 counts (weight on left)
- 19-21 ¼ Turn Right stepping on Right, ½ Turn Right stepping back on left, ½ turn Right stepping fwd Right (Alternative ¼ Right walking Right Left Right)
- 22-24 Step fwd Left, Point Right to side, Hold

### Sailor Step, Step Back Sweep, Sailor Step, Step Back Sweep

- 25-27 Cross Right behind left, Step Left out to side, Step Right out to side
- 28-30 Step back on Left, Sweep Right from front to back over 2 counts
- 31-33 Cross Right behind left, Step Left out to side, Step Right out to side
- 34-36 Step back on Left, Sweep Right from front to back over 2 counts

### Coaster Step, ¼ Left Fwd Basic, Coaster Step, ¼ Left Fwd Basic

- 37-39 Step Back Right, Step Left next to Right, Step Right fwd
- 40-42 ¼ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place
- 43-45 Step Back Right, Step Left net to Right, Step Right fwd
- 46-48 ¼ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place

### Step Back Hook/Hitch Hold, Step Kick Hook, Step Sweep, Step Sweep

- 49-54 Step Back Right, Hook/Hitch Left in front of Right, Hold. Step Fwd Left, Low Kick/point Right Fwd, Hook Right in front of Left
- 55-60 Step Fwd Right, Sweep Left from back to front over 2, Step Fwd Left, Sweep Right from back to front over 2

### Cross Side Behind, ¼ Left Point Hold, ¼ Right Point Hold, ¼ Left Point Hold

- 61-66 Cross Right Over Left, Step Left to Side, Cross Right behind Left. Turn ¼ Left stepping Fwd Left, Point Right to side, Hold
- 67-72 Turn ¼ Right stepping Right to Side, Point Left to side, Hold. Turn ¼ Left stepping Fwd Left, Point Right to side, Hold

### Sailor Step, Step Back Sweep, Sailor Step, Step Back Sweep

- 73-75 Cross Right behind left, Step Left out to side, Step Right out to side
- 76-78 Step back on Left, Sweep Right from front to back over 2 counts
- 79-81 Cross Right behind left, Step Left out to side, Step Right out to side
- 82-84 Step back on Left, Sweep Right from front to back over 2 counts

### Coaster Step, ¼ Left Fwd Basic, Coaster Step, Step Point Hold

- 85-87 Step Back Right, Step Left next to Right, Step Right Fwd
- 88-90 ¼ Turn Left Stepping Fwd Left, Step Right next to Left, Step Left in place
- 91-93 Step Back Right, Step Left net to Right, Step Right Fwd

94-96

Step Fwd Left, Point Right to Side, Hold Enjoy!

**Last Update: 26 Feb 2024**

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