

Losing Control

Count: 32

Wall: 4

Level: Intermediate - Rolling 8 count

Choreographer: Martin Humphrey (UK) - January 2024

Music: Lose Control - Teddy Swims



INTRO: 4 Counts - No Tags or Restarts

S1: R BACK L HOOK, WALK L, WALK R, WALK L, R TWINKLE, L TWINKLE, L HITCH ½ TURN, RUN L, RUN R, RUN L

- 1 2 Step back on right hook left in front of right, step forward on left drag right (12.00)
- 3 4 Step forward on right drag left, step forward on left drag right (12.00)
- 5&a Step right over left, step left beside right, step right beside left (12.00)
- 6&a Step left over right, step right beside left, step left beside right (12.00)
- 7 Step right hitch left ½ turn right (6.00)
- 8&a Run left, right, left (6.00)

S2: POINT FORWARD R DIAGONAL, R SAILOR STEP, R SWEEP BEHIND L, L ¼ TURN, STEP BACK R ⅙, L HITCH KICK, RUN L, RUN R, RUN L, LUNGE FORWARD ON R, RUN BACKWARDS L, R, L

- 1 Point right forward to the corner (6.00)
- 2&a Step right behind left, step left to left side, step right to right side (6.00)
- 3 Step left Sweep right from front to back (6.00)
- 4&a Step down on right, step ¼ left, step back ⅙ on right (11.00)
- 5 hitch left with a kick (11.00)
- 6&a Run forward left, right, left (11.00)
- 7 Step forward on right and Lunge into the corner lifting left foot off the floor (5.00)
- 8&a Run backwards left, right, left (11.00)

S3: CROSS R BEHIND L UNWIND ⅝, POINT L FORWARD DIAGONAL, STEP TOGETHER, POINT R BACK DIAGONAL, STEP R SWEEP ¼ TURN L, L TWINKLE, R TWINKLE, WEAVE, R SIDE TOGETHER TOGETHER

- 1 Cross right behind left and unwind ⅝ keeping weight on right (6.00)
- 2&3 Point left to left corner, step left next to right, point right back to right corner (6.00)
- 4 Step forward on right and sweep left ¼ turn (9.00)
- 5&a Step left over right, step right beside left, step left beside right (9.00)
- 6&a Step right over left, step left beside right, step right beside left (9.00)
- 7&a Step left over right, step right to right side, step left behind right (9.00)
- 8&a Step right to right side, step left next to right, step right in place (9.00)

S4: STEP ¼ L TOGETHER TOGETHER, STEP ¼ R TOGETHER TOGETHER, STEP L TOGETHER TOGETHER, R OUT IN KICK FORWARD, R COASTER STEP, LUNGE FORWARD ON L, PIVOT ½, ½ TURN, FULL TURN

- 1&a Step left ¼ turn left, step right next to left, step left in place (6.00)
- 2&a Step right ¼ turn left, step left next to right, step right in place (3.00)
- 3&a Step left to left side, step right next to left, step left in place (3.00)
- 4&a Point right to right side, touch right next to left, kick right forward (3.00)
- 5&a Step back on right, step left next to right, step right forward (3.00)
- 6& Step & slow lean forward on left, ½ pivot onto right (9.00)
- 7&8 Make ½ turn onto left, ½ turn onto right, ½ turn onto left (3.00)

START AGAIN