

# Losing It

Count: 96

Wall: 4

Level:

Choreographer: Michelle Hatton (UK) - April 2024

Music: Lose Control - Teddy Swims



## Sec 1 Twinkle, cross point, telemark, drag

123 LF over RF, RF to side, LF in place  
456 RF over LF, point LF to side, hold  
123 LF over RF, RF to side turning L, LF to side completing ½ turn L  
456 Drag RF in closing to LF

## Sec 2 Twinkle, cross point, telemark, drag

123 LF over RF, RF to side, LF in place  
456 RF over LF, point LF to side, hold  
123 LF over RF, RF to side turning L, LF to side completing ½ turn L  
456 Drag RF in closing to LF

## Sec 3 Cross sweep x 2, LF & RF Jazz box moving back

123 Step LF over RF, sweep RF from back to front over 2 counts  
456 Step RF over LF, sweep LF from back to front over 2 counts  
123 Step LF over RF, RF back, LF back  
456 Step RF over LF, LF back, RF back

## Sec 4 Cross sweep x 2, LF & RF Jazz box moving back

123 Step LF over RF, sweep RF from back to front over 2 counts  
456 Step RF over LF, sweep LF from back to front over 2 counts  
123 Step LF over RF, RF back, LF back  
456 Step RF over LF, LF back, RF back

## Sec 5 1/8 R Step kick, back ½ turn L, step forward, twinkle, cross point

123 Turn 1/8 to R Step LF forward, Lift R leg upwards over 2 counts  
456 Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L  
123 Step LF over RF, RF to side, LF in place  
456 Step RF over LF, point LF to side, hold

## Sec 6 Step kick, back ½ turn L, step twinkle, cross point

123 Step LF forward, Lift RF upwards over 2 counts  
456 Step RF back, LF to side turning L, RF forward to diag. completing ½ turn L  
123 Step LF over RF, RF to side, LF in place  
456 Step RF over LF, point LF to side, hold

## Sec 7 Forward turn back 3/8 L, back hook, forward turn back ¼ L, back hook

123 LF forward, RF side turning 3/8 L, LF back  
456 Step RF back, hook LF over R leg over 2 counts  
123 LF forward, RF to side turning ¼ L, LF back  
456 Step RF Back, hook LF over R leg over 2 counts

## Sec 8 Step sweep x 2, ½ box ¼ L, ½ box ½ R

123 Step LF forward, sweep RF from back to front over 2 counts  
456 Step RF forward, sweep LF from back to front over 2 counts  
123 LF forward, RF Side turning ¼ L, close LF to RF  
456 Turning ¼ R step RF forward, LF side turning ¼ R, close RF to LF

