

# Lose Control

Count: 48

Wall: 4

Level: Intermediate - waltz

Choreographer: Bill Larson (AUS) - April 2024

Music: Lose Control - Teddy Swims : (CD: I've Tried Everything But Therapy)



Start 12 counts in. 3:31min 160bpm Weight on Right

## Slow Walk L, R

- 1-3 Step forward on L (1), dragging R forward (2,3)  
4-6 Step forward on R (4), dragging L forward (5,6)

## Half Turn L Waltz Basic, Back Sweep Quarter Turn L

- 1-3 Step L forward (1), turning 1/2 turn Left step back on R (2), Step L beside R (3) 6:00  
4-6 Step back on R (4), with a 1/4 turn Left sweep L to the side (5,6) 3:00

## Behind Side Cross, Side Drag

- 1-3 Cross left behind right (1), Step R to side (2), Cross Step L over R (3)  
4-6 Step R to right side (4), dragging L up beside R (5,6)

## Side Drag, Step Forward Half Turn R Waltz Basic

- 1-3 Step L to left side (1), dragging R up beside L (2,3)  
4-6 Step R forward (4), turning 1/2 turn right Step back on L (5), Step R beside L (6) 9:00

## Back Half Turn R Sweep, Behind Side Cross

- 1-3 Step back on L (1), with 1/2 turn R Sweep R out to side (2,3) 3:00  
4-6 Step right behind L (4), Step L to side (5), Cross Step R over L (6)

## Step Quarter L Turn Sweep, Cross Side Behind

- 1 With a 1/4 turn Left Step forward onto L (1) 12:00  
2-3 Turning a 1/4 turn left sweep R out to side (2,3) 9:00  
4-6 Cross / Step R over L (4), Step L to side (5), Cross / Step R behind L (6)

## Quarter Turn L Step Drag, Step Back Drag Hook

- 1-3 Turning a 1/4 turn left Step forward on L (1), dragging R toe up behind L (2,3) 6:00  
4-6 Step back onto R (4), dragging L toe up in front of R (2,3)

## Cross Waltz, Cross Step, Quarter Turn R, Half Turn R

- 1-3 Cross/Step L over R (1), Step R to side (2), Step L beside R (3)  
4-5 Cross/Step R over L (4), with a 1/4 turn right Step back on L (5) 9:00  
6 turning 1/2 turn Right Step forward on R (6) 3:00

## No Restarts or Tags

**Suggested Ending: After wall 12, facing 9:00 Dance counts 1-6 then add the following 4 counts**

- 1-3 Step forward on L (1), turning 1/4 L Step back on R (2), turning 1/2 L Step L forward (3) 12:00  
4 Step R in front of L (position 5 extended)

Last Update - 26 April 2024 - R1