

I Lose Control (aka Lu's Control)

COPPERKNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Improver - Viennese Waltz

Choreographer: Lu Olsen (AUS) - May 2024

Music: Lose Control - Teddy Swims



#12 count intro. Start on Vocals
NO TAGS / NO RESTARTS Ver: 1.00

[1-6] Fwd, Sweep, R twinkle fwd,

1,2,3 Step L fwd, Sweep R over L (2 counts)
4,5,6 Right twinkle moving fwd: Stepping R,L,R, 12.00

[7-12] Fwd, Touch, Hold, Behind ¼ fwd, Fwd

1,2,3 Step L fwd, Touch R fwd R45, Hold
4,5,6 Step R behind L, ¼ left turn & step L fwd, Step R fwd 9.00

[13-18] Fwd, Hitch, Back, ½ fwd, Fwd

1,2,3 Step L fwd, Hitch R (2 counts)
4,5,6 Step R back, ½ Left turn & Left fwd, Step R fwd 3.00

[19-24] Fwd, Drag, Fwd, ½ back, ¼ side,

1,2,3 Step L fwd, Drag R towards L (2 counts) 3.00
4,5,6 (3/4 Right turn) Step R fwd, ½ Right turn & step L back, ¼ Right turn & step R to right 12.00

[25-30] Fwd, Kick fwd, 1/8th L / R Coaster

1,2,3 Step L fwd, Slow R kick fwd (2 counts) 12.00
4,5,6 (R Coaster) 1/8th left turn & Step R back, Step L tog, Step R fwd, 10.30

[31-36] Fwd, Sweep, Fwd, Sweep,

1,2,3 Big Step L fwd, Sweep R over L (2 counts) 10.30
4,5,6, Big Step R fwd, Sweep L over R (2 counts) 10.30

[37 -42] ¼ diamond waltz, Back, Drag/hook

1,2,3 (¼ left turning diamond waltz): Step L fwd, 1/4 L turn & step R tog, Step L back 7.30
4,5,6 Step R back, Drag/hook L over R (2 counts) 7.30

[43 – 48] ¼ diamond waltz, Back, 1/8th Back, Side, Side

1,2,3 (¼ left turning diamond waltz): Step L fwd, 1/4 L turn & step R tog, Step L back 5.30
4,5,6 Step R back, 1/8th L turn & rock L to left, Rock R to right 3.00

Ending (9.00):

1,2,3 Step L fwd, Sweep R (counts)
4,5,6 Step R fwd, Sweep L into ¼ Right turn to 12.00 (2 counts)

1,2,3 Slight Cross L over R, Hold, Hold (12.00)

Footnote: Could be also be danced as Rolling counts, opt to do easier 6/8 waltz time for improver dancers