

# 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