

# Bad Habit (Lose Control)

COPPERKNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver - Rolling 8 / Viennese  
Waltz



Choreographer: Jo Mellown (USA) - August 2024

Music: Lose Control - Teddy Swims

## #4 count intro. No Tags, No Restarts

### Sec 1: (1-8) step forward and sweep X3, chase turn, step forward sweep X 3, step 1/4 turn cross

- 1,2,3 Step L forward and slow sweep R from back to front, step R forward and slow sweep L from back to front, step L forward and slow sweep R from back to front
- 4&a Step R forward, 1/2 turn L shifting weight to L, step forward R (6:00)
- 5,6,7 Step L forward and slow sweep R from back to front, step R forward and slow sweep L from back to front, step L forward and slow sweep R from back to front
- 8&a Step R forward, 1/4 turn L shifting weight to L, cross R over left (3:00)

### Sec 2: (9-16) L side step, behind side cross, rock recover, L and R sailor step, behind side cross, scissor step

- 1, 2&a Step L to side (big step), step R step behind L, step L to side, cross R over L
- 3, 4 L Rock forward diagonally (1:30), recover R
- 5&a Step L behind R, step R to side, step L to side (3:00)
- 6&a Step R behind L, step L to side, step R to side
- 7&a Step L behind R, step R to side, cross L over R
- 8&a Step R to side, step L together, cross R over L

### Sec 3 (17-24) L side step, rock recover, ball step, step and sweep with 1/4 turn, cross, step side, step back, R step 1/4 turn R, 1/2 turn pivot R

- 1,2,3a,4 Step L to side (big step), R rock back turning 1/8 turn R (4:30), recover L, R ball step, step L forward
- 5,6a,7 Step R and sweep L with 1/8 turn (6:00), cross L over right, step R side, step L back
- 8&a Step R 1/4 turn R (9:00), step L forward, turn 1/2 right stepping R forward (3:00)

### Sec 4 (25-32) Toe drag sweep X 3, press forward, recover, step back, back cross back X 2, coaster step, step ball step

- 1,2,3 Step L forward and drag tip of R toes next to L turning 1/8 L (1:30), step R forward and drag tip of L toes next to R turning 1/8 R (4:30), Step L forward and drag tip of R toes next to L turning 1/8 L (1:30)
- 4&a Press R ball of foot forward (3:00), recover to L, step R back
- 5&a Step L back with slight turn L (1:30), cross R back over L, step L back
- 6&a Step R back with slight turn R (4:30), cross L back over R, step R back
- 7&a Step L back (3:00), step R next to L, step L forward
- 8&a Step R forward, step ball of L foot next to R, Step R forward (3:00)

Start Dance over.

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