

# Lost Control (Can't Sleep)

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Phoenix Adamson (NZ) - March 2013

**Music:** S.O.S. (Rescue Me) - Rihanna



## Intro: 32 Counts

### **SPLIT & CLAP, BEHIND & CROSS WITH CLAP, SPLIT ½ TURN WITH CLAP, SIDE ROCK**

- 1 – 2            Split Legs Apart, CLAP
- & 3 – 4        Cross Left Behind Right, Cross Right Over Left, CLAP
- & 5 – 6        Step Left To Side Making ½ Turn Right, Step Right To Side, CLAP
- 7 – 8         Rock Left To Side, Recover Onto Right

### **CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK**

- 1 & 2         Cross Shuffle Stepping Left – Right – Left
- 3 – 4         Rock Right To Side, Recover Onto Left
- 5 & 6         Cross Shuffle Stepping Right – Left – Right
- 7 – 8         Rock Left To Side, Recover Onto Right

### **MODIFIED ½ MONTEREY WITH KICK BALL – CROSS, MODIFIED ½ MONTEREY WITH KICK BALL – CROSS**

- 1 – 2 – 3 & 4    Point Left To Side, Turning ½ Left Step Left To Side, Kick Right Foot Forward On Slight Diagonal, Step Right Next To Left, Cross Left Over Right
- 5 – 6 – 7 & 8    Point Right To Side, Turning ½ Right Step Right To Side, Kick Left Foot Forward On Slight Diagonal, Step Left Next To Right, Cross Right Over Left

### **SIDE ROCK, SAILOR WITH ¼ TURN, FORWARD TOUCH, FORWARD TOUCH**

- 1 – 2         Rock Left To Side, Recover Onto Right
- 3 & 4         Step Back On Left Making ¼ Turn Right, Step Right Next To Left, Step Left Next To Right
- 5 – 6 – 7 – 8    Step Forward On Right Diagonal, Touch Left Beside Right, Step Forward On Left Diagonal, Touch Right Beside Left

## REPEAT

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