

# I Lose Control

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 33

**Mur:** 2

**Niveau:** Intermediate - Rolling count

**Chorégraphe:** Rosa Turi (USA) - October 2023

**Musique:** Lose Control - Teddy Swims



## No Tags, No Restarts

### **Spiral Twinkle Step ,1/2 Twinkle R, Lunge Hold, Coaster, Side Rock Twinkle, 3/4 Turn.**

- 1-2-3 Step L forward across R, step R to right side, Step L to left slight diagonal.  
4-5-6 Cross R over L, step back L 1/4 turn R (3:00), step R to R 1/4 R (6:00)  
7-8-9 Lunge L forward, R toe drag forward, Hold (6:00)  
10-11-12 Step back R, step together L, step forward on R

### **Left Side Rock Twinkle, 3/4 turn R, Left Twinkle Back ,1/4 Turn Twinkle R,**

- 13-15 Step L to L, Recovery R to R, Step L to L  
16-18 Sweep R behind unwind 3/4 turn Tap R Step R (3:00)  
19-21 Cross L over R, step back R, step back L (3:00)  
22-24 Cross R over L, Step back L 1/8 turn to rt, Step R to R 1/8 (6:00)

### **Vine Right, Slide R tap L, Back Step L Touch R**

- 25-27 Cross R over L, Step to L to Left, Cross R behind left (6:00)  
28-30 Lunge R to right, Slide L to right touch, Hold  
31-33 Step L back diagonal, Slide R to left touch hold (6:00)

**START AGAIN.....**

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