

# Lose Control

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dan Morrison (CAN) - November 2015  
音乐: Lose Control - Hedley



Intro: 16 Counts after first downbeat

## S1: Rock & Hitch, Coaster, 1/2 Pivot, Syncopated Rocking-Horse

1&2      Rock R forward (1) Recover onto L (&) Hitch R Knee (2)  
3&4      Step R back (3) Step L beside R (&) Step R forward (4)  
5-6      Step L forward (5) 1/2 Pivot R, wt on R (6)  
7&8&      Rock L forward (7) Recover onto R (&) Rock L back (8) Recover onto R (&)

## S2: Oz Step, Rock-Recover, Shuffle

1-2      Step L forward (1) Lock R behind L (2)  
&3-4      Step L beside R (&) Step R forward (3) Lock L behind R (4)  
&5-6      Step R beside L (&) Rock L forward (5) Recover onto R (6)  
7&8      L Shuffle forward

## S3: 1/4 Pivot, & Point & Point, Behind, Side, Shuffle forward

1-2      Step R forward (1) 1/4 Pivot L, wt on L (2)  
&3&4      Step R beside L (&) Point L side L (3) Step L beside R (&) Point R side R (4)  
5-6      Step R behind L (5) Step L side L (6)  
7&8      Step R forward (7) Step L beside R (&) Step R forward (8)

## S4: 1/2 Pivot, Shuffle, Spiral turn, Shuffle

1-2      Step L forward (1) 1/2 Pivot R, wt on R (2)  
3&4      L Shuffle forward  
5-6      Step R forward (5) Full turn L, wt on R keeping L wrapped around R (6)  
7&8      L Shuffle forward

HAVE FUN AND ENJOY

Contact: [dan\\_orillia@live.com](mailto:dan_orillia@live.com)