

# Teddy, Lose Control!

**COPPER** KNOB  
STEPSHEETS

拍数: 16      墙数: 4  
编舞者: Sarah Fröhlich (DE) - June 2024  
音乐: Lose Control - Teddy Swims



Motion: novelty (12/8 timing)

Start the dance after 16 counts approx. 0:17 into the song.

## [1-8] Back rock, sweep, cross, side, side with spiral turn 2x, side rock

- 1,2      RF step back, recover weight on LF with RF sweep from back to front
- 3      RF cross over LF
- 4      LF step left
- 5&a      RF step right, LF cross over RF, full turn right ending weight on LF
- 6&a      RF step right, LF cross over RF, full turn right ending weight on LF
- 7, 8      RF step right, recover weight on LF

## [9-16] Side, back rock, side, heel grind, side, behind, side rock, behind, side rock with ¼ turn, back, lockstep backward

- 1      RF step to the side
- 2,3      LF step backward, recover weight RF
- 4      LF step to the side
- 5&a      RF heel grind, LF side, RF behind
- 6&a      LF step to the side, recover weight on RF, LF behind
- 7&a      RF step to the side, recover weight on LF with ¼ turn right, RF step back
- 8&a      LF step back, RF lock in front of LF, LF step back

Have fun, be happy and lose control!

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