

# Lose Control

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Regina Cheung (CAN) - August 2016  
音樂: Lose Control - Hedley



## Intro - 32 count

### Sec 1: □ Stomp Kick Ball Cross, Side Rock Cross, 1/4 R Back, Back

1                      Stomp right next to left  
2&3                  Kick right diagonal forward, step ball of right next to left, step left cross over right  
4 5 6                Rock right on side, Recover on left, Cross right over left  
7 8                    Step left back 1/4 right, Step right back (3:00)

### Sec 2: □ Rock Recover Coaster Step, Rock Recover Chasse 1/4 Right

1 2                    Rock left forward, Recover on right  
3&4                  Step left back, Step right next to left, Step left forward  
5 6                    Rock right forward, Recover on left  
7&8                  Step right 1/4 right, Step left together, Step right to right (6:00)

### Sec 3: □ Cross Side Bump & Bump, Cross Side Bump & Bump (hit the lyric Oh Oh Oh)

1 2                    Cross left over Right, Step right to right side  
3&4                  Hip Bump left, right, left  
5 6                    Cross right over left, Step left to left side  
7&8                  Hip Bump right, left, right (6:00)

### Sec 4: □ Jazz Box 1/4 Left, Side Rock, Behind Side Cross

1 2                    Left cross over right, Step right back 1/4 left  
3 4                    Step left to left side, Right cross over left  
5 6                    Left rock on side, Recover on right  
7&8                  Step left behind right, Step right next to left, Left cross over right (3:00)

### Tag: (8 Counts) & Restart - Wall 4, after Count 24&

1 2                    Left cross over right (1), Step right back 1/4 left (2)  
3 4                    Stomp left on side with both palms downward besides thighs (3) Hold (4)  
5,6,7,8              Keep weight on left, Shimmy or Shake or Bump hips or Bounce

Restart Wall 5 from Count 1 at (12:00) !!

Happy Dancing

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