

# Lose Control (Easy)

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

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Pattie LeBlanc (CAN) - September 2016  
音樂: Lose Control - Hedley



Intro: 32 counts

## (1-8) □ POINT, POINT, TRIPLE 1/2 TURN L, COASTER STEP, KICK BALL CROSS

1, 2      Point RT in front of LF (1), point RT to the right (2)  
3&4      Turn 1/4 L step RF to the R (3), step LF next to RF (&), turn 1/4 L step back on RF (4) □6  
5&6      Step LF back (5), bring RF next to LF (&), step LF fwd (6)  
7&8      Kick RF fwd (7), step on ball of RF (&), cross LF over RF (8)

## (9-16) □ R CHASSÉ HITCH, L CHASSÉ HITCH, ROCK, RECOVER, WALK WALK

1&2      Step RF right (1), step LF next to RF (&), step RF hitching L knee (2)  
3&4      Step LF Left (3), step RF next to LF (&), step LF left hitching R knee (4)  
5, 6      Rock RF back (5), recover on LF (6)  
7, 8      Step fwd on RF (7), step fwd on LF (8)

## (17-24) □ ROCK RECOVER, RUN RUN RUN, ROCK RECOVER, SHUFFLE FWD

1, 2      Rock RF fwd (1), recover on LF (2)  
3&4      Run bwd with RF (3) LF (&) RF (4)  
5, 6      Rock LF back (5), recover on RF (6)  
7&8      Step fwd on LF (7), touch RF next to LF (&), step fwd on LF (8)

## (25-32) □ R TOE STRUT, L TOE STRUT, SWAY, SWAY, SWAY, STEP

1, 2      Point R toe fwd (1), put R heel down (2)  
3, 4      Point L toe fwd (3), put L heel down (4)  
5, 6      Sway R hip R (5), sway L hip L (6)  
7, 8      Sway R hip R (7), step LF next to RF (8)

Start over

TAG: On wall 4, after 26 counts (1st Toe strut), facing 12 o'clock wall.

OUT, OUT, HOLD

&1, 2, 3, 4      Step LF left (&), Step RF right (1), hold (2)

& CROSS UNDWIND

&5, 6      Step LF behind RF (&), cross RF over LF (3), make 1/2 turn L keeping weight on LF (4)

RESTART dance from beginning and keep going.

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Happy dancing!

Last Update – 2nd Oct 2016