

# Lose Control

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ross Brown (ENG) - August 2010  
音樂: Lose Control - The Saturdays : (CD: St Trinians 2: The Legend of Fritton's Gold - 3:16)



Intro: 32 Count (Approx. 13 Secs)

## CHASSE RIGHT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP ¼ TURN L, TOUCH.

1 & 2      Step right to the right, close left up to right, step right to the right.  
3 – 4      Rock back with left, recover onto right.  
5 – 6      Step left forward to left diagonal, touch right next to left.  
7 – 8      Make a ¼ turn left stepping right to the right, touch left next to right.  
(9 o'clock)

## CHASSE LEFT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP ¼ TURN R, TOUCH.

1 & 2      Step left to the left, close right up to left, step left to the left.  
3 – 4      Rock back with right, recover onto left.  
5 – 6      Step right forward to right diagonal, touch left next to right.  
7 – 8      Make a ¼ turn right stepping left to the left, touch right next to left.  
(12 o'clock)

## KICK, BALL, CROSS. SIDE, TOUCH. X2.

1 & 2      Kick right foot forward to right diagonal, step right next to left, cross step left over right.  
3 – 4      Step right to the right, touch left next to right.  
5 & 6      Kick left foot forward to left diagonal, step left next to right, cross step right over left.  
7 – 8      Step left to the left, touch right next to left.  
(12 o'clock)

## SIDE, BEHIND. CHASSE ¼ TURN R. STEP, PIVOT ¼ TURN R. CROSS, BACK STEP ¼ TURN L.

1 – 2      Step right to the right, cross step left behind right.  
3 & 4      Step right to the right, close left up to right, make a ¼ turn right stepping forward with right.  
5 – 6      Step forward with left, pivot a ¼ turn right.  
7 – 8      Cross step left over right, make a ¼ turn left stepping back with right.  
(3 o'clock)

## SHUFFLE ½ TURN L. ROCK FORWARD. SHUFFLE ½ TURN R. ROCK FORWARD.

1 & 2      Shuffle a ½ turn left stepping; left, right, left.  
3 – 4      Rock forward with right, recover onto left.  
5 & 6      Shuffle a ½ turn right stepping; right, left, right.  
7 – 8      Rock forward with left, recover onto right.  
(3 o'clock)

## SIDE, CROSS, SIDE, BEHIND. SIDE ROCK 1/8 TURN R. SHUFFLE FORWARD.

1 – 2 – 3 – 4      Step left to the left, cross step right over left, step left to the left, cross step right behind left.  
5 – 6      Rock left to the left, make an 1/8 turn right recovering onto right.  
7 & 8      Step forward with left, close right up to left, step forward with left.  
(4:30)

## STEP, MONTEREY ¼ TURN L. MONTEREY 3/8 TURN R. SWEEP, CROSS, SIDE.

1 – 2 – 3      Step forward with right, point left to the left, make a ¼ turn left stepping left next to right.  
4 – 5      Point right to the right, make a 3/8 turn right stepping right next to left.  
6 – 7 – 8      Sweep left foot to in front of right, cross step left over right, step right to the right.

**(6 o'clock)**

**DRAG, BALL, CROSS. HOLD, BALL. JAZZ BOX with CROSS. HOLD.**

1 & 2            Drag left up to right, step left next to right, cross step right over left.

3 &             Hold for 1 count, step left next to right.

4 – 5 – 6 – 7    Cross step right over left, step back with left, step right to the right, cross step left over right.

8                Hold for 1 count.

**(6 o'clock)**

**End of Dance. Start again and Enjoy!**

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