

# Lose Control

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Dan Morrison (CAN) - November 2015

Musik: 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**

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