

Lose Control

Count: 48

Wand: 2

Ebene: Improver - Viennese Waltz

Choreograf/in: Judy Rodgers (USA) - February 2024

Musik: Lose Control - Teddy Swims : (Album: I've Tried Everything but Therapy - amazon)



#12 count Intro (note: dance starts before vocals kick in) no tags or restarts

S1: Step side rock, cross side behind

- 1-3 Step L fwd, rock R to right, recover L
- 4-6 Cross R over L, step L to left side, step R behind L

S2: Step/dip/sway L and R

- 1-3 Step/dip/sway L to left side over 3 counts
- 4-6 Step/dip/sway R to right side over 3 counts

S3: Behind side rock, behind point hold

- 1-3 Step L behind R, rock R to right side, recover L
- 4-6 Step R behind L, point L to left side, hold

S4: Cross turn 1/4 L back hold, back sweep

- 1-3 Cross L over R, turn 1/4 left step R back, hold 9:00
- 4-6 Step L back, sweep R from front to back over 2 beats

S5: Behind side rock, back point hold

- 1-3 Step R behind L, rock L to left side, recover R
- 4-6 Step L back behind R, point R to right side, hold

S6: Cross turn 1/4 R turn 1/4 R, cross side rock

- 1-3 Cross R over L, turn 1/4 right step L back, turn 1/4 right step R to right side 3:00
- 4-6 Cross L over R, rock R to right side, recover L

S7: Cross turn 1/4 R hold, sweep/turn 1/4 R sailor step

- 1-3 Cross R over L, turn 1/4 right step L back, hold 6:00
- 4-6 Sweep/step R behind L, step L to left side, step R to right side

S8: Step kick, back touch hold

- 1-3 Step L fwd, kick R fwd over 2 counts
- 4-6 Step R back, touch L to left side, hold