

Teddy, Lose Control!

COPPER KNOB
STEPPSHEETS

Count: 16

Wand: 4

Ebene: Newcomer / Improver - Novelty

Choreograf/in: Sarah Fröhlich (DE) - June 2024

Musik: Lose Control - Teddy Swims



Motion: novelty (12/8 timing)

Start the dance after 16 counts approx. 0:17 into the song.

[1-8] Back rock, sweep, cross, side, side with spiral turn 2x, side rock

- 1,2 RF step back, recover weight on LF with RF sweep from back to front
- 3 RF cross over LF
- 4 LF step left
- 5&a RF step right, LF cross over RF, full turn right ending weight on LF
- 6&a RF step right, LF cross over RF, full turn right ending weight on LF
- 7, 8 RF step right, recover weight on LF

[9-16] Side, back rock, side, heel grind, side, behind, side rock, behind, side rock with ¼ turn, back, lockstep backward

- 1 RF step to the side
- 2,3 LF step backward, recover weight RF
- 4 LF step to the side
- 5&a RF heel grind, LF side, RF behind
- 6&a LF step to the side, recover weight on RF, LF behind
- 7&a RF step to the side, recover weight on LF with ¼ turn right, RF step back
- 8&a LF step back, RF lock in front of LF, LF step back

Have fun, be happy and lose control!
