

# Lose Control

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Ross Brown (ENG) - August 2010

**Music:** 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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