

Lose Control (Easy)

Count: 32

Wall: 2

Level: Beginner

Choreographer: Pattie LeBlanc (CAN) - September 2016

Music: Lose Control - Hedley



Intro: 32 counts

(1-8) □ POINT, POINT, TRIPLE 1/2 TURN L, COASTER STEP, KICK BALL CROSS

- 1, 2 Point RT in front of LF (1), point RT to the right (2)
- 3&4 Turn 1/4 L step RF to the R (3), step LF next to RF (&), turn 1/4 L step back on RF (4) □ 6
- 5&6 Step LF back (5), bring RF next to LF (&), step LF fwd (6)
- 7&8 Kick RF fwd (7), step on ball of RF (&), cross LF over RF (8)

(9-16) □ R CHASSÉ HITCH, L CHASSÉ HITCH, ROCK, RECOVER, WALK WALK

- 1&2 Step RF right (1), step LF next to RF (&), step RF hitching L knee (2)
- 3&4 Step LF Left (3), step RF next to LF (&), step LF left hitching R knee (4)
- 5, 6 Rock RF back (5), recover on LF (6)
- 7, 8 Step fwd on RF (7), step fwd on LF (8)

(17-24) □ ROCK RECOVER, RUN RUN RUN, ROCK RECOVER, SHUFFLE FWD

- 1, 2 Rock RF fwd (1), recover on LF (2)
- 3&4 Run bwd with RF (3) LF (&) RF (4)
- 5, 6 Rock LF back (5), recover on RF (6)
- 7&8 Step fwd on LF (7), touch RF next to LF (&), step fwd on LF (8)

(25-32) □ R TOE STRUT, L TOE STRUT, SWAY, SWAY, SWAY, STEP

- 1, 2 Point R toe fwd (1), put R heel down (2)
- 3, 4 Point L toe fwd (3), put L heel down (4)
- 5, 6 Sway R hip R (5), sway L hip L (6)
- 7, 8 Sway R hip R (7), step LF next to RF (8)

Start over

TAG: On wall 4, after 26 counts (1st Toe strut), facing 12 o'clock wall.

OUT, OUT, HOLD

- &1, 2, 3, 4 Step LF left (&), Step RF right (1), hold (2)

& CROSS UNDWIND

- &5, 6 Step LF behind RF (&), cross RF over LF (3), make 1/2 turn L keeping weight on LF (4)

RESTART dance from beginning and keep going.

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Happy dancing!

Last Update – 2nd Oct 2016