

Lose Control

COPPER KNOB
STEPPERS

Count: 16

Wall: 4

Level: High Beginner

Choreographer: Nicolette Hick (NZ) - May 2025

Music: Lose Control - Teddy Swims



Intro: 4 Counts

Feet Position: Feet together weight on left

[1-4] WALK – WALK - WALK – ROCK – RECOVER - STEP

1,2 Slow walk forward on R, slow walk forward on L,
3,4&a Slow walk forward on R, step L to L side, recover on R, step forward on L

[5-8] WALK – WALK - ROCK – RECOVER - STEP – ¼ TURN COASTER

5,6 Slow walk forward on R, slow walk forward on L
7&a, Step R to R side, recover on L, step forward on R
8&a Step L behind R, step R beside L turning ¼ to the L to face 9 o'clock, step L forward

[9-12] SHUFFLE X2 - STEP – CROSS – ¼ TURN STEP BACK - COASTER

1&a Step R forward, step L next to R, step R forward,
2&a Step L forward, step R next to L, step L forward
3&a Step R forward, cross L in front of R, step R back turning ¼ to the L to face 6 o'clock
4&a Step L back, step R beside L, step L forward

[13-16] SHUFFLE X2 - STEP – CROSS – ¼ TURN STEP BACK - COASTER

1&a Step R forward, step L next to R, step R forward,
2&a Step L forward, step R next to L, step L forward
3&a Step R forward, cross L in front of R, step R back turning ¼ to the L to face 3 o'clock
4&a Step L back, step R beside L, step L forward

Repeat

No tags or restarts

Ending: Step R in front of L to pose facing 12 O'clock

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