

Lose Control Waltz (Line / Chair dance) COPPER KNOB STEPSHEETS

Count: 24

Wall: 4

Level: Absolute Beginner / Seated
Absolute Beginner



Choreographer: Eileen Bamford (UK) - July 2025

Music: Lose Control - Teddy Swims

Start after 30 counts (approx 14 seconds)

Footwork instructions

: Armography instructions

[1 – 6] Left twinkle, right twinkle

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|---|---|--|
| 1 | Cross left foot over right foot | : Touch left hand to right shoulder |
| 2 | Step right foot to right side
right side | : Extend right arm at shoulder height to |
| 3 | Replace weight onto left foot | : Touch left hand to left shoulder |
| 4 | Cross right foot over left foot | : Touch right hand to left shoulder |
| 5 | Step left foot to left side
left side | : Extend left arm at shoulder height to |
| 6 | Replace weight onto right foot | : Touch right hand to right shoulder |

[7 – 12] Step Sweep x 2

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|-------|--|---|
| 7 | Step forward onto left foot
forward | : Extend left arm forward, palm |
| 8,9 | Sweep right foot from behind your body to in front
at shoulder height | : Swing right arm from side to in front |
| 10 | Step forward onto right foot
forward | : Extend right arm forward, palm |
| 11,12 | Sweep left foot from behind your body to in front
shoulder height | : Swing left arm from side to in front at |

[13 – 18] Weave, step to side and drag

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|-------|---|---------------------------------------|
| 13 | Cross left foot over right
shoulder height to midpoint of your body | : Move left hand at arm's length and |
| 14 | Step right foot to right side
shoulder height next to your left hand | : Move right hand at arm's length and |
| 15 | Step left foot cross behind right
hand | : Move left hand cross behind right |
| 16 | Large step right foot to right side
elbow bent to in front of right shoulder | : Move right hand at shoulder height, |
| 17,18 | Drag left foot to touch next to right foot
motion to land next to right hand | : Sweep left hand in anti clockwise |

[19 – 24] Left turn waltz basic, back waltz basic

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|----|---|--|
| 19 | Turning ¼ turn to left, step forward on left foot
front of left shoulder | : Extend left arm, palm forward in |
| 20 | Step right foot next to left
front of right shoulder | : Extend right arm, palm forward in |
| 21 | Replace weight onto left foot | : Move left hand slightly to left |
| 22 | Step back onto right foot
right shoulder | : Bring right hand back to in front of |
| 23 | Step left foot next to right foot
left shoulder | : Bring left hand back to in front of |
| 24 | Replace weight onto right foot | : Move right hand slightly to right |

No tags, no restarts – just enjoy!!

bamfordbellesandbeaus@gmail.com

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