

# Lose Control

Compte: 64

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Margaret Swift (UK) - June 2010

Musique: Lose Control - The Saturdays : (CD: Wordshaker)



**Intro: 32 Count. Starts on Vocals (13 Secs)**

**Section 1: Step Lock Step Brush. Step Touch. Step Back Heel.**

- 1 – 2 Step forward right. Lock left behind right.
- 3 – 4 Step forward right. Brush left forward
- 5 – 6 Step forward on left. Touch right behind left.
- 7 – 8 Step back on right. Touch left heel forward.

**Section 2: Step Forward Touch. Step Forward Touch. Step Back. Heel. Behind Side**

- 1 – 2 Step forward on left. Touch right behind left.
- 3 – 4 Step diagonally forward on right. Touch left behind right.
- 5 – 6 Step back on left. Touch right heel diagonally forward.
- 7 – 8 Cross right behind left. Step left to left side.

**Section 3: Cross Unwind to Left Over 4 Counts. Back Strut Left. Back Strut Right**

- 1 – 4 Cross right over left. Unwind left turning  $\frac{1}{2}$  for three counts
- 5 – 6 Step back on left toe. Snap left heel down.
- 7 – 8 Step back on right toe. Snap right heel down.

**Section 4: Left Coaster Step. Brush Turn  $\frac{1}{4}$  Left. Side Behind Turn  $\frac{1}{2}$  Right Brush.**

- 1 – 2 Step back on left. Close right next to left.
- 3 – 4 Step forward on left. Brush right foot forward turning  $\frac{1}{4}$  left.
- 5 – 6 Step right to Right Side. Cross Left Behind Right.
- 7 – 8 Turn  $\frac{1}{4}$  right stepping forward right. Tuning  $\frac{1}{4}$  right brushing left forward

**Section 5: Side Behind Side Brush. Step  $\frac{1}{2}$  Pivot Step  $\frac{1}{2}$  Pivot.**

- 1 – 2 Step left to left side. Cross right behind left.
- 3 – 4 Step left to left side. Brush right forward.
- 5 – 6 Step forward on right. Pivot  $\frac{1}{2}$  turn left.
- 7 – 8 Step forward on right. Pivot  $\frac{1}{2}$  turn left

**Easy Option 5 – 8 (Rock forward on right Recover on left. Rock back on right. Recover on left)**

**Section 6: Jazz Box Cross. Weave Right. .**

- 1 – 2 Cross right over left. Step back on left.
- 3 – 4 Step right to right side. Cross left over right
- 5 – 6 Step right to right side. Cross left behind right.
- 7 – 8 Step right to right side. Cross left over right.

**Section 7: Side Rock Cross Shuffle. Turn  $\frac{1}{4}$  Turn  $\frac{1}{4}$  Shuffle**

- 1 – 2 Rock right to right side. Recover on left.
- 3 & 4 Cross right over left. Close left next to right. Cross right over left.
- 5 – 6 Turn  $\frac{1}{4}$  right stepping back on left. Turn  $\frac{1}{4}$  right stepping forward on right
- 7 & 8 Step forward left. Close right next to left. Step forward on left.

**Section 8: Left  $\frac{1}{4}$  Monteray Turn X2**

- 1 – 2 Point right to right side. Turn  $\frac{1}{4}$  right placing right beside left
- 3 – 4 Point left to left side. Close left next to right.
- 5 – 6 Point right to right side. Turn  $\frac{1}{4}$  right placing bight beside left

7 – 8                      Point left to left side. Close left next to right.

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**Texas Rose Line Dancing**

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