

# Lose Control

**COPPER** KNOB  
STEPPERS

拍數: 16      牆數: 4      級數: High Beginner  
編舞者: Nicolette Hick (NZ) - May 2025  
音樂: 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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