

LOSIN' CONTROL

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate/advanced

Choreographer: Stephen Rutter

Music: Caught Up by Usher

STEP BACK, TOE TAP, LEFT KICK BALL-TOUCH WITH $\frac{1}{4}$ TURN LEFT, CROSS, SIDE ROCK, CROSS, UNWIND $\frac{3}{4}$ TURN RIGHT, SIDE STEP

- 1-2** Step back on right, tap left toe across right
- 3&4** Kick left forward, step left beside right, make a quarter turn left touching right toe to right side
- 5&6** Cross right over left, rock left to left side, recover weight onto right
- 7&8** Cross left over right, unwind a three-quarter-turn right, step right-to-right side

CROSSING MAMBO ROCK, CROSS, UNWIND FULL TURN LEFT, RIGHT VINE, TOE TOUCH, SIDE STEP, CROSS, UNWIND $\frac{1}{2}$ TURN LEFT

- 9&10** Cross rock left over right, recover weight back onto right, step left-to-left side
- 11&12** Cross right over left, unwind a full turn left, step right-to-right side
- 13&14** Cross left behind right, step right-to-right side, touch left toe forward and across right
- &** Step left-to-left side
- 15-16** Cross right over left, unwind a half turn left (weight ending on left)

SIDE STEP, CROSS BEHIND, SIDE ROCK & CROSS, TOE TOUCH, FLICK BACK WITH $\frac{1}{4}$ TURN LEFT, TOE TOUCH, WEAVE

- 17-18** Step right to right side, cross left behind right
- 19&20** Rock right-to-right side, recover weight onto left, cross right over left
- 21&22** Touch left toe to left side, making a quarter turn left flick left foot behind right knee, touch left toe to left side
- 23&24** Cross left behind right, step right-to-right side, cross left over right

TOE SWITCHES, HITCH, $\frac{3}{4}$ TURN RIGHT, COASTER TOUCH, $\frac{1}{4}$ TURN RIGHT, CROSS, UNWIND $\frac{3}{4}$ TURN RIGHT

- 25&26** Touch right toe to right side, close right beside left, touch left toe to left side
- &27** Close left beside right, touch right toe to right side

- &28** Hitch right knee, on ball of left spin a three-quarter-turn right
- 29&30** Step back on right, close left beside right, touch right toe to right side
- 31&32** Make a quarter turn right stepping right to right side, cross left over right, unwind a three-quarter-turn right

REPEAT

RESTART

On wall 4 restart dance after 16 counts (cross, unwind a half turn left)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28962