

# Lose Control

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Andrew Hobman (UK) January 2020

**Music:** Lose Control - Becky Hill, Goodboys and Meduza

**Intro - 16 counts (8 seconds) Just before singing starts.**

**S1: Vine right with touch, vine left with touch (option for rolling vines)**

**1,2,3,4**     Step right to right side, step left behind right, step right to right side, touch left beside right

**5,6,7,8**     Step left to left side, step right behind left, step left to left side, touch right beside left.

**S2: Cross point, cross point, jazz box with quarter turn right.**

**1,2**             Cross right over left and point left to left side

**3,4**             Cross left over right and point right to right side

**5,6,7,8**     Cross right over left, step back on left, step on right making quarter turn right, step left beside right

**S3: Step hold and step scuff, rock recover three quarter shuffle over left shoulder**

**1,2&**           Step forward on right and hold one count on the and count step left next to right.

**3,4**             Step forward on right and scuff left foot forward.

**5,6**             Rock forward on left foot and recover weight on right

**7&8**           While stepping left right left make three quarter turn over left shoulder

**S4: Side rock recover and side rock recover, left jazz box with touch.**

**1,2**             Rock out on right to right side and recover on left.

**&3,4**           Step right beside left on the & count, rock left to left side and recover on right.

**5,6,7,8**     Step left over right, step back on right, step left beside right, touch right beside left.

**Last Update - 24 Jan. 2020-R2**