

Lose Control

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dan Morrison - Nov. 2015

Music: Lose Control by Hedley

Intro: 16 Counts after first downbeat

S1: Rock & Hitch, Coaster, 1/2 Pivot, Syncopated Rocking-Horse

- 1&2** Rock R forward (1) Recover onto L (&) Hitch R Knee (2)
- 3&4** Step R back (3) Step L beside R (&) Step R forward (4)
- 5-6** Step L forward (5) 1/2 Pivot R, wt on R (6)
- 7&8&** Rock L forward (7) Recover onto R (&) Rock L back (8) Recover onto R (&)

S2: Oz Step, Rock-Recover, Shuffle

- 1-2** Step L forward (1) Lock R behind L (2)
- &3-4** Step L beside R (&) Step R forward (3) Lock L behind R (4)
- &5-6** Step R beside L (&) Rock L forward (5) Recover onto R (6)

7&8L Shuffle forward

S3: 1/4 Pivot, & Point & Point, Behind, Side, Shuffle forward

- 1-2** Step R forward (1) 1/4 Pivot L, wt on L (2)
- &3&4** Step R beside L (&) Point L side L (3) Step L beside R (&) Point R side R (4)
- 5-6** Step R behind L (5) Step L side L (6)
- 7&8** Step R forward (7) Step L beside R (&) Step R forward (8)

S4: 1/2 Pivot, Shuffle, Spiral turn, Shuffle

- 1-2** Step L forward (1) 1/2 Pivot R, wt on R (2)
- 3&4L Shuffle forward**
- 5-6** Step R forward (5) Full turn L, wt on R keeping L wrapped around R (6)

7&8L Shuffle forward

HAVE FUN AND ENJOY

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=107989