

Lose Control

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Regina Cheung , Canada (August 2016)

Music: Lose Control by Hedley

Intro - 32 count

Sec 1: Stomp Kick Ball Cross, Side Rock Cross, 1/4 R Back, Back

- 1 Stomp right next to left
- 2&3 Kick right diagonal forward, step ball of right next to left, step left cross over right
- 4 5 6 Rock right on side, Recover on left, Cross right over left
- 7 8 Step left back 1/4 right, Step right back (3:00)

Sec 2: Rock Recover Coaster Step, Rock Recover Chasse 1/4 Right

- 1 2 Rock left forward, Recover on right
- 3&4 Step left back, Step right next to left, Step left forward
- 5 6 Rock right forward, Recover on left
- 7&8 Step right 1/4 right, Step left together, Step right to right (6:00)

Sec 3: Cross Side Bump & Bump, Cross Side Bump & Bump (hit the lyric Oh Oh Oh)

- 1 2 Cross left over Right, Step right to right side
- 3&4 Hip Bump left, right, left
- 5 6 Cross right over left, Step left to left side
- 7&8 Hip Bump right, left, right (6:00)

Sec 4: Jazz Box 1/4 Left, Side Rock, Behind Side Cross

- 1 2 Left cross over right, Step right back 1/4 left
- 3 4 Step left to left side, Right cross over left
- 5 6 Left rock on side, Recover on right
- 7&8 Step left behind right, Step right next to left, Left cross over right (3:00)

Tag: (8 Counts) & Restart - Wall 4, after Count 24&

- 1 2 Left cross over right (1), Step right back 1/4 left (2)

3 4 Stomp left on side with both palms downward besides thighs (3) Hold (4)

5,6,7,8 Keep weight on left, Shimmy or Shake or Bump hips or Bounce

Restart Wall 5 from Count 1 at (12:00) !!

Happy Dancing

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