

Lose Control

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Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Pattie LeBlanc (Canada) June 2016

Music: Lose Control by Hedley

Intro: 32 counts

(1-8) POINT, POINT, TRIPLE 1/2 TURN, COASTER STEP, KICK BALL CROSS

- 1, 2** Point RT in front of LF (1), point RT to the right (2)
- 3&4** Turn 1/4 L step RF to the R (3), step LF next to RF (&), turn 1/4 L step back on RF (4)6
- 5&6** Step LF back(5), bring RF next to LF (&), step LF fwd (6)
- 7&8** Kick RF fwd (7), step on ball of RF (&), cross LF over RF (8)

(9-16) CHASSÉ HITCH, CHASSÉ 1/4 TURN HITCH, 1/2 TURN HITCH, ROCK, RECOVER, STEP

- 1&2** Step RF right (1), step LF next to RF (&), step RF hitching L knee (2)
- 3&4** Step LF Left (3), step RF next to LF (&), step LF 1/4 turn left hitching R knee (4) 3
- 5** Step RF back making 1/2 turn left while hitching L knee (5) 9
- 6, 7, 8** Rock LF back (6), recover on RF (7), step LF fwd (8)

(17-24) POINT, POINT, 1/4 R SAILOR, TOUCH, TOUCH, SAMBA 1/4 TURN

- 1, 2** Point RT in front of LF (1), point RT to the right (2)
- 3&4** Sweep RF behind LF making 1/4 turn right (3), step LF in place (&), step RF fwd (4) 12
- 5, 6** Point LF fwd (5), point LF back (6)
- 7&8** Step LF fwd (7), samba step with RF (&), step LF fwd 1/4 turn left (8) 9

(25-32) HIP BUMPS RLR, HIP BUMPS LRL, 1/4 TURN R SWAY R, L, STEP 1/4 R, TURN 1/4 R

- 1&2** Step RF fwd and hip right (1), hip left (&), hip right (2)
- 3&4** Step LF fwd and hip left (3), hip right (&), hip left (4)
- 5, 6** To 1/4 turn left step RF right swaying R (5) and L (6) 6
- 7, 8** Step RF 1/4 turn R (7), 1/4 turn R step LF left (8) weight is on your left. 12

(33-40) STEP, TOUCH, CHASSÉ L, CROSS BEHIND, POINT L, SAILOR STEP

- 1, 2 Step RF right (1), touch LF next to RF (2)
- 3&4 Step LF left (3), step RF next to LF (&), step LF left (4)
- 5, 6 Cross RF behind LF (5), point L toe left (6)
- 7&8 Cross LF behind RF (7), step RF right (&), step LF left (8)

(41-48) ROCK RECOVER, 1/2 TURN R SHUFFLE, & STEP HOLD, & STEP, TOUCH

- 1, 2 Rock RF fwd (1), recover on LF (2)
- 3&4 To 1/2 R step RF fwd (3), step LF next to RF (&), step RF fwd (4) 6
- &5, 6 Step on ball of LF (&) step RF right (5), hold (6)
- & 7, 8 Step on ball of LF (&) step RF right (7), touch LF next to RF (8)

(49-56) STEP 1/4 TURN L, TOUCH 1/2 TURN L, RUN (3X), ROCK RECOVER, SHUFFLE FWD

- 1, 2 Step 1/4 turn L with LF (1), to 1/2 turn L touch R toe next to LF (2) 9
- 3&4 Run bwd R (3) L (&) R (4)
- 5, 6 Rock LF back (5), recover on RF (6)
- 7&8 Step LF fwd (7), touch RF next to LF (&), step LF fwd (8)

(57-64) TOE STRUT, 1/2 TURN R TOE STRUT, STEP KICK, BALL WALK, WALK

- 1, 2 Point R toe fwd (1), R heel down (2)
- 3, 4 To 1/2 turn R touch L toe next to RF (3), L heel down (4) 3
- 5, 6 Step back on RF (5), kick LF fwd (6)
- &7, 8 Step back on ball of LF (&), step back on RF (7), step back on LF (8)

Start over

RESTART on wall 2, after 32 counts, facing 3 o'clock wall.

TAG: On wall 3, after 26 counts (Hips RLR), facing 12 o'clock wall.

&1,2OUT, OUT, HOLD (Step LF left, Step RF right, hold)

&3,4BALL CROSS UNWIND (Step ball of LF behind RF, cross RF over LF, unwind for a full turn)

RESTART dance from beginning and keep going.

Happy dancing!

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