

# Lose Control

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Ross Brown (UK) Aug 2010

**Music:** Lose Control by The Saturdays (134 BPM), CD; St Trinians 2: The Legend of Fritton's Gold [Length - 3:16]

## Intro: 32 Count (Approx. 13 Secs)

### CHASSE RIGHT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP $\frac{1}{4}$ TURN L, TOUCH.

- 1 & 2 Step right to the right, close left up to right, step right to the right.  
3 - 4 Rock back with left, recover onto right.  
5 - 6 Step left forward to left diagonal, touch right next to left.  
7 - 8 Make a  $\frac{1}{4}$  turn left stepping right to the right, touch left next to right.

## (9 o'clock)

### CHASSE LEFT. ROCK BACK. DIAGONAL, TOUCH. SIDE STEP $\frac{1}{4}$ TURN R, TOUCH.

- 1 & 2 Step left to the left, close right up to left, step left to the left.  
3 - 4 Rock back with right, recover onto left.  
5 - 6 Step right forward to right diagonal, touch left next to right.  
7 - 8 Make a  $\frac{1}{4}$  turn right stepping left to the left, touch right next to left.

## (12 o'clock)

### KICK, BALL, CROSS. SIDE, TOUCH. X2.

- 1 & 2 Kick right foot forward to right diagonal, step right next to left, cross step left over right.  
3 - 4 Step right to the right, touch left next to right.  
5 & 6 Kick left foot forward to left diagonal, step left next to right, cross step right over left.  
7 - 8 Step left to the left, touch right next to left.

## (12 o'clock)

### SIDE, BEHIND. CHASSE $\frac{1}{4}$ TURN R. STEP, PIVOT $\frac{1}{4}$ TURN R. CROSS, BACK STEP $\frac{1}{4}$ TURN L.

- 1 - 2 Step right to the right, cross step left behind right.

- 3 & 4** Step right to the right, close left up to right, make a  $\frac{1}{4}$  turn right stepping forward with right.
- 5 - 6** Step forward with left, pivot a  $\frac{1}{4}$  turn right.
- 7 - 8** Cross step left over right, make a  $\frac{1}{4}$  turn left stepping back with right.

**(3 o'clock)**

**SHUFFLE  $\frac{1}{2}$  TURN L. ROCK FORWARD. SHUFFLE  $\frac{1}{2}$  TURN R. ROCK FORWARD.**

- 1 & 2** Shuffle a  $\frac{1}{2}$  turn left stepping; left, right, left.
- 3 - 4** Rock forward with right, recover onto left.
- 5 & 6** Shuffle a  $\frac{1}{2}$  turn right stepping; right, left, right.
- 7 - 8** Rock forward with left, recover onto right.

**(3 o'clock)**

**SIDE, CROSS, SIDE, BEHIND. SIDE ROCK  $\frac{1}{8}$  TURN R. SHUFFLE FORWARD.**

- 1 - 2 - 3 - 4** Step left to the left, cross step right over left, step left to the left, cross step right behind left.
- 5 - 6** Rock left to the left, make an  $\frac{1}{8}$  turn right recovering onto right.
- 7 & 8** Step forward with left, close right up to left, step forward with left.

**(4:30)**

**STEP, MONTEREY  $\frac{1}{4}$  TURN L. MONTEREY  $\frac{3}{8}$  TURN R. SWEEP, CROSS, SIDE.**

- 1 - 2 - 3** Step forward with right, point left to the left, make a  $\frac{1}{4}$  turn left stepping left next to right.
- 4 - 5** Point right to the right, make a  $\frac{3}{8}$  turn right stepping right next to left.
- 6 - 7 - 8** Sweep left foot to in front of right, cross step left over right, step right to the right.

**(6 o'clock)**

**DRAG, BALL, CROSS. HOLD, BALL. JAZZ BOX with CROSS. HOLD.**

- 1 & 2** Drag left up to right, step left next to right, cross step right over left.
- 3 &** Hold for 1 count, step left next to right.
- 4 - 5 - 6 - 7** Cross step right over left, step back with left, step right to the right, cross step left over right.
- 8** Hold for 1 count.

**(6 o'clock)**

**End of Dance. Start again and Enjoy!**

**ross-brown@hotmail.co.uk**

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