

Lose Control (Easy)

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

Choreographer: Pattie LeBlanc (Canada) September 2016

Music: Lose Control by Hedley

Intro: 32 counts

(1-8) POINT, POINT, TRIPLE 1/2 TURN L, 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) R CHASSÉ HITCH, L CHASSÉ HITCH, ROCK, RECOVER, WALK WALK

- 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 left hitching R knee (4)
- 5, 6** Rock RF back (5), recover on LF (6)
- 7, 8** Step fwd on RF (7), step fwd on LF (8)

(17-24) ROCK RECOVER, RUN RUN RUN, ROCK RECOVER, SHUFFLE FWD

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

(25-32) R TOE STRUT, L TOE STRUT, SWAY, SWAY, SWAY, STEP

- 1, 2** Point R toe fwd (1), put R heel down (2)
- 3, 4** Point L toe fwd (3), put L heel down (4)
- 5, 6** Sway R hip R (5), sway L hip L (6)
- 7, 8** Sway R hip R (7), step LF next to RF (8)

Start over

TAG: On wall 4, after 26 counts (1st Toe strut), facing 12 o'clock wall.

OUT, OUT, HOLD

&1, 2, 3, 4 Step LF left (&), Step RF right (1), hold (2)

& CROSS UNDWIND

&5, 6 Step LF behind RF (&), cross RF over LF (3), make 1/2 turn L keeping weight on LF (4)

RESTART dance from beginning and keep going.

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Happy dancing!

Last Update - 2nd Oct 2016