

# Lose Control

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

**Choreographer:** Margaret Swift (June 2010)

**Music:** Lose Control by The Saturdays. CD: Wordshaker

## **Intro: 32 Count. Starts on Vocals (13 Secs)**

### **Section 1: Step Lock Step Brush. Step Touch. Step Back Heel.**

- 1 - 2      Step forward right. Lock left behind right.
- 3 - 4      Step forward right. Brush left forward
- 5 - 6      Step forward on left. Touch right behind left.
- 7 - 8      Step back on right. Touch left heel forward.

### **Section 2: Step Forward Touch. Step Forward Touch. Step Back. Heel. Behind Side**

- 1 - 2      Step forward on left. Touch right behind left.
- 3 - 4      Step diagonally forward on right. Touch left behind right.
- 5 - 6      Step back on left. Touch right heel diagonally forward.
- 7 - 8      Cross right behind left. Step left to left side.

### **Section 3: Cross Unwind to Left Over 4 Counts. Back Strut Left. Back Strut Right**

- 1 - 4      Cross right over left. Unwind left turning  $\frac{1}{2}$  for three counts
- 5 - 6      Step back on left toe. Snap left heel down.
- 7 - 8      Step back on right toe. Snap right heel down.

### **Section 4: Left Coaster Step. Brush Turn $\frac{1}{4}$ Left. Side Behind Turn $\frac{1}{2}$ Right Brush.**

- 1 - 2      Step back on left. Close right next to left.
- 3 - 4      Step forward on left. Brush right foot forward turning  $\frac{1}{4}$  left.
- 5 - 6      Step right to Right Side. Cross Left Behind Right.
- 7 - 8      Turn  $\frac{1}{4}$  right stepping forward right. Tuning  $\frac{1}{4}$  right brushing left forward

### **Section 5: Side Behind Side Brush. Step $\frac{1}{2}$ Pivot Step $\frac{1}{2}$ Pivot.**

- 1 - 2      Step left to left side. Cross right behind left.
- 3 - 4      Step left to left side. Brush right forward.

5 - 6 Step forward on right. Pivot ½ turn left.

7 - 8 Step forward on right. Pivot ½ turn left

**Easy Option 5 - 8 (Rock forward on right Recover on left. Rock back on right. Recover on left)**

**Section 6: Jazz Box Cross. Weave Right. .**

1 - 2 Cross right over left. Step back on left.

3 - 4 Step right to right side. Cross left over right

5 - 6 Step right to right side. Cross left behind right.

7 - 8 Step right to right side. Cross left over right.

**Section 7: Side Rock Cross Shuffle. Turn ¼ Turn ¼ Shuffle**

1 - 2 Rock right to right side. Recover on left.

3 &4 Cross right over left. Close left next to right. Cross right over left.

5 - 6 Turn ¼ right stepping back on left. Turn ¼ right stepping forward on right

7 &8 Step forward left. Close right next to left. Step forward on left.

**Section 8: Left ¼ Monteray Turn X2**

1 - 2 Point right to right side. Turn ¼ right placing right beside left

3 - 4 Point left to left side. Close left next to right.

5 - 6 Point right to right side. Turn ¼ right placing right beside left

7 - 8 Point left to left side. Close left next to right.

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**Texas Rose Line Dancing**