

Lose Control

32 count, 4 wall, Beginner/Intermediate level
Choreographer : Karl Cregeen (England) May 2001
Choreographed to : 'Let Me Love You' by Tim
McGraw :84 bpm

½ Turn , Kick Ball Cross

- 1-2 Step Forward on your right foot (1), turn 1/2 turn over your right shoulder stepping back on your left foot(2)
3&4 Kick Right foot Forwards (3), Replace right foot slightly behind left (&)
Cross left foot over right (4)

Mambo Cross Steps Right & Left

- 5&6 Rock to the right side on your right foot(5), replace weight onto your left (&),
Step slightly forward on your right Foot.
7&8 Rock to the left side on your left foot(5), replace weight onto your right (&),
Step slightly forward on your left Foot.

½ Turn , Kick Ball Cross

- 9-10 Step Forward on your right foot (9), turn 1/2 turn over your right shoulder stepping back on your left foot(10)
11&12 Kick Right foot Forwards (11), Replace right foot slightly behind left (&)
Cross left foot over right (12)

Mambo Cross Steps Right & Left

- 13&14 Rock to the right side on your right foot(13), replace weight onto your left (&),
Step slightly forward on your right Foot (14).
15&16 Rock to the left side on your left foot(15), replace weight onto your right (&),
Step slightly forward on your left Foot(16).

¾ Monteray turn to right, Shuffle

- 17-18 Touch right out to the right side(17),Turn ¾ turn to your right on your left foot,
landing on the right foot.
19&20 Shuffle forwards on your left , right left.

Forward & Reverse Mambo Steps

- 21&22 Rock forwards on your right foot(21), replace weight onto your left foot (&),
Step right next to left(22).
23&24 Rock Back onto your left foot (23), Replace weight onto your right foot(&),
then replace left next to right(23)

Sugar foot steps, ¼ Turn Shuffle

- 25-26 Swivel on the ball of your Left foot as you step towards the Right corner with your Right foot,
then Swivel on the ball of your Right foot as you step towards the Left corner with
your Left foot,
27&28 Turn ¼ turn to the right whilst shuffling on your right, left, right.

½ Ronde Right, Then 1/4Ronde Left

- 29-30 Sweep your left leg around 180 degrees; whilst turning ½ turn to the right on your right foot,
touch left in front of right
31-32 Sweep your right leg around 90 degrees; whilst turning ¼ turn to the left on your left foot.

Start Again with a SMILE