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Lose Control

64 Count, 4 Wall, Improver Choreographer: Margaret Swift (UK) June 2010 Choreographed to: 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.
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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.
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Section 3	Cross Unwind to Left Over 4 Counts. Back Strut Left. Back Strut Right
1 – 4	Cross right over left. Unwind left turning ½ 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.
, 0	otop back on right too. Onap right freel down.
Section 4	Left Coaster Step. Brush Turn ¼ Left. Side Behind Turn ½ Right Brush.
1 – 2	Step back on left. Close right next to left.
3 – 4	Step forward on left. Brush right foot forward turning ¼ left.
5-6	Step right to Right Side. Cross Left Behind Right.
7-8	Turn ¼ right stepping forward right. Tuning ¼ right brushing left forward
7 – 0	Turn 74 right stepping forward right. Furning 74 right brushing left forward
Section 5	Side Behind Side Brush. Step ½ Pivot Step ½ Pivot.
	Olde Bellind Olde Brush. Olep /21 Wol Olep /21 Wol.
1 – 2	Step left to left side. Cross right behind left
1 – 2 3 – 4	Step left to left side. Cross right behind left.
3 – 4	Step left to left side. Brush right forward.
3 – 4 5 – 6	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left.
3 – 4 5 – 6 7 – 8	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left. Step forward on right. Pivot ½ turn left
3 – 4 5 – 6 7 – 8	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left.
3 – 4 5 – 6 7 – 8 Easy Option 5 – 8	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left. Step forward on right. Pivot ½ turn left 8 (Rock forward on right Recover on left. Rock back on right. Recover on left)
3 – 4 5 – 6 7 – 8 Easy Option 5 – 8	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left. Step forward on right. Pivot ½ turn left 8 (Rock forward on right Recover on left. Rock back on right. Recover on left) Jazz Box Cross. Weave Right
3 – 4 5 – 6 7 – 8 Easy Option 5 – 8 Section 6 1 – 2	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left. Step forward on right. Pivot ½ turn left 8 (Rock forward on right Recover on left. Rock back on right. Recover on left) Jazz Box Cross. Weave Right Cross right over left. Step back on left.
3 - 4 5 - 6 7 - 8 Easy Option 5 - 6 Section 6 1 - 2 3 - 4	Step left to left side. Brush right forward. Step forward on right. Pivot ½ turn left. Step forward on right. Pivot ½ turn left 8 (Rock forward on right Recover on left. Rock back on right. Recover on left) Jazz Box Cross. Weave Right Cross right over left. Step back on left. Step right to right side. Cross left over right
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