

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.
- 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 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.
- 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
- Section 5 Side Behind Side Brush. Step ½ Pivot Step ½ 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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