

Lose Control (Can't Sleep)

32 Count, 4 Wall, Improver

Choreographer: Phoenix Adamson (NZ) Mar 2013
Choreographed to: S.O.S. (Rescue Me) By Rihanna

Intro: 32 Counts

SPLIT & CLAP, BEHIND & CROSS WITH CLAP, SPLIT ½ TURN WITH CLAP, SIDE ROCK

- 1 – 2 Split Legs Apart, CLAP
- & 3 – 4 Cross Left Behind Right, Cross Right Over Left, CLAP
- & 5 – 6 Step Left To Side Making ½ Turn Right, Step Right To Side, CLAP
- 7 – 8 Rock Left To Side, Recover Onto Right

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

- 1 & 2 Cross Shuffle Stepping Left – Right – Left
- 3 – 4 Rock Right To Side, Recover Onto Left
- 5 & 6 Cross Shuffle Stepping Right – Left – Right
- 7 – 8 Rock Left To Side, Recover Onto Right

MODIFIED ½ MONTEREY WITH KICK BALL – CROSS, MODIFIED ½ MONTEREY WITH KICK BALL – CROSS

- 1-2 Point Left To Side, Turning ½ Left Step Left To Side,
- 3&4 Kick Right Foot Forward On Slight Diagonal, Step Right Next To Left, Cross Left Over Right
- 5-6 Point Right To Side, Turning ½ Right Step Right To Side,
- 7&8 Kick Left Foot Forward On Slight Diagonal, Step Left Next To Right, Cross Right Over Left

SIDE ROCK, SAILOR WITH ¼ TURN, FORWARD TOUCH, FORWARD TOUCH

- 1 – 2 Rock Left To Side, Recover Onto Right
- 3 & 4 Step Back On Left Making ¼ Turn Right, Step Right Next To Left, Step Left Next To Right
- 5 – 6 Step Forward On Right Diagonal, Touch Left Beside Right,
- 7-8 Step Forward On Left Diagonal, Touch Right Beside Left