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## Lose Control (Easy)

32 Count, 2 Wall, Beginner

Choreographer: Pattie LeBlanc (CA) Sept 2016

Choreographed to: Lose Control by Hedley

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### Intro: 32 Count

#### Section 1 Point, Point, Triple 1/2 Turn L, Coaster Step, Kick Ball Cross

1, 2 Point RT in front of LF (1), point RT to the right (2)  
3&4 Turn 1/4 L step RF to the R (3), step LF next to RF (&), turn 1/4 L step back on RF (4) (6)  
5&6 Step LF back (5), bring RF next to LF (&), step LF fwd (6)  
7&8 Kick RF fwd (7), step on ball of RF (&), cross LF over RF (8)

#### Section 2 R Chassé Hitch, L Chassé Hitch, Rock, Recover, Walk Walk

1&2 Step RF right (1), step LF next to RF (&), step RF hitching L knee (2)  
3&4 Step LF Left (3), step RF next to LF (&), step LF left hitching R knee (4)  
5, 6 Rock LF back (5), recover on RF (6)  
7, 8 Step fwd on RF (7), step fwd on LF (8)

#### Section 3 Rock Recover, Run Run Run, Rock Recover, Shuffle Fwd

1, 2 Rock RF fwd (1), recover on LF (2)  
3&4 Run bwd with RF (3) LF (&) RF (4)  
5, 6 Rock LF back (5), recover on RF (6)  
7&8 Step fwd on LF (7), touch RF next to LF (&), step fwd on LF (8)

#### Section 4 R Toe Strut, L Toe Strut, Sway, Sway, Sway, Step

1, 2 Point R toe fwd (1), put R heel down (2)  
3, 4 Point L toe fwd (3), put L heel down (4)  
5, 6 Sway R hip R (5), sway L hip L (6)  
7, 8 Sway R hip R (7), step LF next to RF (8)

### Start over

**Tag: (4 counts) On wall 4, after 26 counts (1st Toe strut), facing 12 o'clock wall.  
Out, Out, Hold**

**&1, 2 Step LF left (&), Step RF right (1), hold (2)  
& Cross Unwind**

**&3, 4 Step LF behind RF (&), cross RF over LF (3), make 1/2 turn L keeping weight on LF (4)**

**Restart dance from beginning and keep going.**

**Happy dancing!**