

I Lose Control



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 16 Count 4 Wall Intermediate Level Dance.

Choreographed by: Jessica Bostrom (SWE) Jun 2023

Choreographed to: Lose Control by Teddy Swims

Intro: 4 Counts. Start at approx 4 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP SWEEP, CROSS BACK SIDE, FULL SPIRAL, SWEEP,
	CROSS BACK BACK, CROSS BACK SIDE, STEP KICK HITCH, COASTER STEP
1	Step fwd on L as you sweep R from back to front
2&a	Cross R over L, turn ⅓ to Right stepping back on L, turn ⅓ to Right stepping R to Right side (3:00)
3	Turn ⅓ Right stepping fwd on L making a full spiral over Right shoulder keeping weight on L (4:30)
4	Step fwd on R as you sweep L from back to front
5&a	Cross L over R, step back on R, step back on L
6&a	Cross R over L, step back on L, turn ⅓ Right stepping R to Right side (6:00)
7&a	Turn ¼ Right stepping fwd on R, make a low kick fwd with R into a hitch (7:30)
8&a	Step back on R, step L next to R, step fwd on R
SEC 2	½ TURN, CROSS TWINKLE, FWD SWEEP, CROSS POINT,
SEC 2	½ TURN, CROSS TWINKLE, FWD SWEEP, CROSS POINT, CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH
SEC 2	
	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH
1	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH Step fwd on L as you make a ½ turn Right keeping weight on L (1:30)
1 2&a	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH Step fwd on L as you make a ½ turn Right keeping weight on L (1:30) Cross R over L step L to left side, step fwd on R
1 2&a 3	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH Step fwd on L as you make a ½ turn Right keeping weight on L (1:30) Cross R over L step L to left side, step fwd on R Step fwd on L as you sweep R from back to front
1 2&a 3 4&	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH Step fwd on L as you make a ½ turn Right keeping weight on L (1:30) Cross R over L step L to left side, step fwd on R Step fwd on L as you sweep R from back to front Cross R over L, point L to Left side
1 2&a 3 4& 5&a	CROSS SIDE BACK, BACK SIDE ROCK, CROSS SIDE ROCK, CROSS POINT TOUCH Step fwd on L as you make a ½ turn Right keeping weight on L (1:30) Cross R over L step L to left side, step fwd on R Step fwd on L as you sweep R from back to front Cross R over L, point L to Left side Cross L over R, turn ¼ Left stepping R to Right side, step back on L (10:30)

