

Lose Control Tonight



SEC 1

www.linedancerweb.com www.linedancefoundation.com www.crystalbootawards.com 32 Count 2 Wall Improver Level Dance.

Choreographed by: Esmeralda Van de Pol (NL), Rhoda Lai (CAN)

& Dirk Leibing (DE) Oct 2025

Choreographed to: Lose Control by Van Holtz, Baby Rico & Bad Honey

Intro: 32 Counts. Start at approx 15 secs.

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

1-2 3-4	1/4 Turn L step RF to R side, push to side recover weight on LF (9:00) 1/4 Turn L step RF to side, push to side recover weight on LF (6:00)
Restart	Here on Wall 11
5-6 7-8	Step RF to R side, flick LF Step LF to L side with hip bump, step RF to R side with hip bump
SEC 2 1-2 3-4 5&6 7-8	JAZZBOX, SHUFFLE ¼ TURN, BACK ROCK Cross LF over RF, step RF back Step LF to L side, cross RF over LF ¼ Turn R step LF back, step RF next to LF, step LF back (9:00) Rock RF back, recover weight on LF
SEC 3 1-2 &3-4 &5-6 7-8	SYNCOPATED ROCKS, PIVOT ¼ TURN X2 Rock RF fwd, recover weight on LF Step RF next to LF, rock LF fwd, recover weight on RF Step LF next to RF, step RF fwd, ¼ turn L weight on LF (6:00) Step RF fwd, ¼ turn L weight on LF (3:00)
SEC 4 1&2 3&4 5-6 7-8	CROSS SAMBA, CROSS SAMBA, JAZZBOX ¼ TURN Cross RF over LF, rock LF to L side, recover weight on RF Cross LF over RF rock RF to R side, recover weight on LF Cross RF over LF, ¼ turn R step LF back (6:00) Step RF to R side, cross LF over RF

CHUG 1/4 TURN SIDE FLICK SIDE BLIMP BLIMP

