Lose Control

Count: 48

Level: Absolute Beginner

Choreographer: Julia Thanos (PT) - March 2024 Music: Lose Control - Teddy Swims

Start after 12 counts of Intro - No Restarts, no Tags

- Part 1: Step Point Step Point (fwd and bwd) RF fwd - Point with LF to side - hold 123
- LF fwd Point with RF to side hold 456
- 123 RF bwd - Point with LF to side - hold
- 456 LF bwd - Point with RF to side - hold

Part 2: Step Hitch - Step Ronde

- 123 RF fwd - left knee hitch on 2 3 - 1/4 turn to right
- 456 LF bwd- RF Ronde

Part 3: Weave - Slide

- RF cross behind LF LF to side RF cross in front of LF 123
- 456 LF slide to the left

Part 4: Step Clap

- 123 RF to right - high double clap on 2 3
- 456 LF to left - low double clap on 5 6
- 123 RF to right - high double clap on 2 3
- 456 LF to left - low double clap on 5 6

Part 5:

- 123 Step RF to right - Step LF beside RF on 3
- 456 Step RF to right with a slight sway to right
- 123 Step LF to the left - Step RF beside LF on 3
- 456 Step LF to the left with a slight sway to left





Wall: 4