

Lose Control

COPPER KNOB
STEPSHEETS

Count: 24

Wall: 4

Level: Beginner - waltz

Choreographer: Laura Rittenhouse (AUS) - November 2024

Music: Lose Control - Teddy Swims



Start after 12 beats

S1: SHUFFLE L, SLOW CROSS ROCK FORWARD WITH R

1,2,3 Step L to L, Step R beside L, Step R to L
4,5,6 Cross rock R fwd across L, Hold (5,6)

S2: SLOW RECOVER ON RIGHT, SAILOR TURN ¼ R

1,2,3 Recover back on R, Hold (2,3)
4,5,6 Turn ¼ R stepping R behind L (3:00), Step L beside R, Step R beside L

S3: SWEEP FWD, LOCK FWD R

1,2,3 Step L fwd, Sweep R fwd (2,3)
4,5,6 Step R fwd, Lock L behind R, Step R fwd

S4: STEP BACK AT DIAGONALS L & R

1,2,3 Step L back to L diag, Touch R beside L, Hold
4,5,6 Step R back to R diag, Touch L beside R, Hold
