

Lose Control

Count: 32

Wall: 4

Level: Improver

Choreographer: Regina Cheung, Canada (August 2016)

Music: Lose Control by Hedley

Intro - 32 count

Sec 1: Stomp Kick Ball Cross, Side Rock Cross, 1/4 R Back, Back

1 Stomp right next to left
2&3 Kick right diagonal forward, step ball of right next to left, step left cross over right
4 5 6 Rock right on side, Recover on left, Cross right over left
7 8 Step left back 1/4 right, Step right back (3:00)

Sec 2: Rock Recover Coaster Step, Rock Recover Chasse 1/4 Right

1 2 Rock left forward, Recover on right
3&4 Step left back, Step right next to left, Step left forward
5 6 Rock right forward, Recover on left
7&8 Step right 1/4 right, Step left together, Step right to right (6:00)

Sec 3: Cross Side Bump & Bump, Cross Side Bump & Bump (hit the lyric Oh Oh Oh)

1 2 Cross left over Right, Step right to right side
3&4 Hip Bump left, right, left
5 6 Cross right over left, Step left to left side
7&8 Hip Bump right, left, right (6:00)

Sec 4: Jazz Box 1/4 Left, Side Rock, Behind Side Cross

1 2 Left cross over right, Step right back 1/4 left
3 4 Step left to left side, Right cross over left
5 6 Left rock on side, Recover on right
7&8 Step left behind right, Step right next to left, Left cross over right (3:00)

Tag: (8 Counts) & Restart - Wall 4, after Count 24&

1 2 Left cross over right (1), Step right back 1/4 left (2)
3 4 Stomp left on side with both palms downward besides thighs (3) Hold (4)
5,6,7,8 Keep weight on left, Shimmy or Shake or Bump hips or Bounce

Restart Wall 5 from Count 1 at (12:00) !!

Happy Dancing

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