

# Lose Control

Count: 64

Wall: 1

Level: Advanced - Rolling 8/Viennese  
Waltz



Choreographer: Bradley Mather (USA) - September 2023

Music: Lose Control - Teddy Swims

## INTRO - 4 counts

**RESTART - After 15 counts of Wall 3, slight step change. Restart at count 33.**

### Section 1: (1-8) BACK, HOOK, STEP 1/8 SWEEP, CROSS, SIDE TOGETHER, BALL CROSS 1/4 X2, BALL, BACK ROCK 1/4, 1 3/4 TURN W/HITCH

- 1&a Start facing 10:30 and step L back hooking R leg across L (10:30)
- 2&a Step R leg forward sweeping L from back to front turning 1/8 right (12:00)
- 3a4 Cross L over R, step R to R, step L next to R (12:00)
- a5 Step R to R turning 1/4 left, cross L over R (9:00)
- a6 Step R to R turning 1/4 left, cross L over R (6:00)
- a7 Step R to R turning 1/4 left, rock L foot back (3:00)
- 8&a Step R forward, turn 1/2 right stepping L back, turn 1/2 right stepping R forward (3:00)
- 1&a Step L forward and finish 3/4 turn right hitching up R leg (12:00)

### Section 2: (9-16) SWAY X2, WEAVE, BACK TWINKLE X2, BACK DRAG, RUN X3

- 2&a Step R down and sway R (12:00)
- 3&a Sway L (12:00)
- 4&a Cross R over L, step L to L, cross R behind L (12:00)
- 5&a Rock L to L, recover to R, cross L behind R (12:00)
- 6&a Rock R to R, recover to L, cross R behind L (12:00)
- 7 Step L back toward 7:30 and collect R to L (12:00) (\*RESTART)
- 8&a Step R forward turning 1/8 right, step L forward, step R forward (1:30)

**\*RESTART: On wall 3, change last counts of this set to 8a by stepping R side and L together and restarting at count 33**

### Section 3: (17-24) STEP & SWEEP 3/8, TOUCH, WALK X2, PIVOT 1/2, 1/4, SIDE BACK ROCK X2, BACK, WEAVE

- 1&a Step L forward, sweep R from back to front turning 3/8 left lifting L arm up to comb hair with fingers pointing to R ear (9:00)
- 2&a Touch R forward with R knee bent rolling R wrist out and snapping R hand (9:00)
- 3&a Step R forward (9:00)
- 4a Step L forward, turn 1/2 right stepping R forward (3:00)
- 5&a Step L to L turning 1/4 right, rock R back, recover onto L (6:00)
- 6&a Step R to R, rock L back, recover onto R (6:00)
- 7 Step L to L (6:00)
- 8&a Cross R behind L, step L to L, cross R over L turning 1/8 left (4:30)

### Section 4: (25-32) STEP, BRUSH, HITCH, BACK, COASTER & SWEEP, EXTENDED WEAVE W/SWEEP, CROSS BEHIND, 1 1/2 TURN

- 1&a Step L forward, brush R forward, hitch R leg (4:30)
- 2 Step R back (4:30)
- 3&a Step L back, step R next to L, step L forward (4:30)
- 4 Step R forward sweeping L from back to front and turning 1/8 right (6:00)
- 5&a Cross L over R, step R to R, cross L behind R (6:00)
- 6&a Step R to R, cross L over R, step R to R (6:00)
- 7&a Cross L behind R sweeping R from front to back (6:00)
- 8&a Touch R behind L, turn 1 1/2 right on right foot, step L down (12:00)

**\*Easier option: turn 1/2 right**

### Section 5: (33-40) SWAY X3, REACH, SIT 1/8 R, STAND UP, RUN X2, SIDE

- 1&a Step R to R swaying R (12:00)
- 2&a Sway L, reaching L arm to left side (12:00)
- 3&a Sway R, reaching R arm to right side (12:00)
- 4&a Step L to L reaching both arms up, crossing arms over head (12:00)
- 5&a Turn 1/8 right as you sit back onto R leg and bring crossed arms down over chest (1:30)

- 6&a Keep sitting on R leg(1:30)
- 7&a Stand up onto L leg (1:30)
- 8&a Step R forward dropping arms, step L forward, step R to R (1:30)

**Section 6: (41-48) REACH X2, CROSS ARMS, SWAY X3, TWINKLE & ½ HINGE X2**

- 1&a Reach R arm forward, reach L arm forward, cross arms over chest (1:30)
- 2&a Sway L pushing arms down to sides (1:30)
- 3&a Sway R (1:30)
- 4&a Sway L (1:30)
- 5&a Cross R over L, step L to L, turning ⅛ right step R to R (3:00)
- 6&a Cross L over R, turn ¼ left stepping R back, turn ¼ left stepping L to L (9:00)
- 7&a Cross R over L, step L to L, turning ⅛ right step R to R (10:30)
- 8&a Cross L over R, turn ¼ left stepping R back, turn ¼ left stepping L to L (4:30)

**Section 7: (49-56) CROSS ROCK, STEP BACK & SWEEP X3, SEAWEED ARMS, FULL TURN L (w/ WINDMILL ARMS)**

- 1 Cross R over L (4:30)
- 2 Step Back on L sweeping R from front to back (4:30)
- 3 Step Back on R sweeping L from front to back (4:30)
- 4 Step Back on L sweeping R from front to back (4:30)
- 5&a Step R back lifting R arm up starting with elbow as if seaweed moving through water while moving left hand down in same fashion (4:30)
- 6&a Weight stays back on R. Switch arms as you lean backwards, switch arms as you lean backwards (4:30)
- 7 switch arms as you lean backwards bringing R arm up and over head and then down behind you as you lean backwards, while lifting L leg (4:30)
- 8&a Step L forward bringing L arm down and right arm up with locked elbows, turn ½ left stepping back on R and switching arms, turn ½ left stepping forward on L and switching arms (4:30)

**Section 8: (57-64) CHASE ½, STEP, SAMBA, HEEL GRIND CROSS BACKS X2, CROSS ROCK SIDE ¼ , FULL TURN CHASE**

- 1&a Step R forward, turn ½ left stepping forward onto L, step R forward (10:30)
- 2 Step L forward (10:30)
- 3a Cross R over L, step L to L (12:00)
- 4 Step R to R turning ⅛ to right (1:30)
- 5&a Place L heel across right with weight, rotate slightly left as you replace weight onto R, step L to L (10:30)
- 6&a Place R heel across left with weight, rotate slightly right as you replace weight onto L, step R to R (1:30)
- 7&a Cross L over R, recover onto R, step L to L turning ¼ left (10:30)
- 8&a Step R forward, turn ½ left stepping L forward, turn ½ left stepping R back (10:30)

**Contact:bradley@bradleymather.com**