

Lose Control

Count: 28 **Wall:4** **Level: Intermediate / Advanced**
Choreographer: Unknown
Music: 1-2 Step by Ciara

KICK R, STEP R NEXT TO L, STEP L, LEAN, STEP R, STEP L, HITCH STEP, JAZZBOX

- 1&2 1 – kick RFoot out to the R (weight on LF)
 & - slide and step RFoot next to the LFoot,
 2 – slide and step LFoot to the L
- 3&4 3 – lean top half of your body slightly to the L
 & - slide and step RF next to LF
 4 – slide LF to L.
- 5-6 5 - Hitch LF 6 – step LF down across front of RF and down on the R side of RF
- 7&8 fast jazz box: 7 – step RF in front of LF
 & - step back on LF
 8 – step RF back next to LF

SHUFFLE FORWARD, SCUFF, LOOK BACK, TOUCH FWD, TOUCH BACK

- 1&2 Shuffle Forward L R L
- 3-4 3 - Scuff RF forward
 4- Step R foot back past the body
- 5-6 5 – Turn body over R shoulder and look back
 6 – Turn body over L shoulder and look forward
- 7-8 7 – Touch R foot forward
 8 – Touch RF behind you. Weight is on LF.

STEP HALF TURN, LONG STEP FORWARD, SLIDE BACK, COASTER, SAILOR ¼ TURN L

- 1 2 1 – Step RF forward
 2 – ½ turn to the L pivoting on both feet step fwd on LF
- 3 4 3 – Take big step forward on RF
 4 – Slide RF back next to LF.
- 5&6 Coaster step:
 5 – step back on RF & – LF step back next to RF 6 – RF step forward
- 7&8 Sailor step while turning ¼ L:
 7-LF goes behind RF while starting to turn ¼ L
 & - RF steps next to and to the R of LF
 8 – LF steps L.

BACK COASTER STEP, BIG STEP FORWARD

- 1&2 1 – Step back on RF
 &- LF step back next to RF
 2 – RF step forward
- 3 4 3 – take big step forward on LF
 4- Touch RF next to LF Weight is on LF.

START OVER