

# LOSE CONTROL

Description: 48 ct, 4 wall, Absolute Beginner  
Choreographed by: Julia Thanos (PT) - March 2024  
Music: Lose Control - Teddy Swims  
Intro: 12 ct.

## STEP POINT - STEP POINT (FWD AND BWD)

123 RF fwd - Point with LF to side - hold  
456 LF fwd - Point with RF to side - hold  
123 RF bwd - Point with LF to side - hold  
456 LF bwd - Point with RF to side - hold

## STEP HITCH - STEP RONDE

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

## WEAVE - SLIDE

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

## STEP CLAP

123 RF to R - high double clap on 2 3  
456 LF to L - low double clap on 5 6  
123 RF to R - high double clap on 2 3  
456 LF to L - low double clap on 5 6

## SIDE, CLOSE, SIDE R,L

123 Step RF to R - Step LF beside RF on 3  
456 Step RF to R with a slight sway to R  
123 Step LF to the L - Step RF beside LF on 3  
456 Step LF to the L with a slight sway to L