

# I Lose Control

COPPERKNOB  
BY SHEETS

Count: 16

Wall: 4

Level: Intermediate - Rolling 8 count

Choreographer: Jessica Boström (SWE) - June 2023

Music: Lose Control - Teddy Swims : (iTunes, Spotify etc.)



Intro: 4 counts. App. 4 secs. into track. (Start right before lyrics) Start with weight on R foot.

NOTE: NO TAGS – NO RESTARTS!

## Section 1 (1-8) Fwd Sweep, Cross Back Side, Spiral, Sweep, Cross Back Back, Cross Back Side, Step Kick Hitch, Coaster Step

- 1 Step fwd on L as you sweep R from back to front.
- 2 & a Cross R over L, turn  $\frac{1}{8}$  Right stepping back on L, turn  $\frac{1}{8}$  Right stepping R to Right side. (3.00)
- 3 Turn  $\frac{1}{8}$  Right stepping fwd on L making a full spiral over Right shoulder keeping weight on L. (4:30)
- 4 Step fwd on R as you sweep L from back to front.
- 5 & a Cross L over R, step back on R, step back on L.
- 6 & a Cross R over L, step back on L, turn  $\frac{1}{8}$  Right stepping R to Right side. (6.00)
- 7 & a Turn  $\frac{1}{8}$  Right stepping fwd on L, make a low kick fwd with R into a hitch. (7:30)
- 8 & a Step back on R, step L next to R, step fwd on R.

## Section 2 (9-16) $\frac{1}{2}$ Turn, Cross Twinkle, Fwd Sweep, Cross Point, Cross Side Back, Back Side Rock, Cross Side Rock, Cross Point Touch

- 1 Step fwd on L as you make a  $\frac{1}{2}$  turn Right keeping weight on L. (1:30)
- 2 & a Cross R over L, step L to Left side, step fwd on R.
- 3 Step fwd on L as you sweep R from back to front.
- 4 & Cross R over L, point L to Left side.

**Choreographers note: The cross point is written as 4 &. However, the timing differs just slightly at some walls. Just listen and follow the music and then you can also choose to do the cross point on counts 4 a, or even a 4.**

- 5 & a Cross L over R, turn  $\frac{1}{4}$  Left stepping R to Right side, step back on L. (10.30)
- 6 & a Step back on R, turn  $\frac{1}{8}$  Left rocking L to Left side, recover onto R. (9.00)
- 7 & a Cross L over R, rock R to Right side, recover onto L.
- 8 & a Cross R over L, point L to Left side, touch L beside R.

Start again!

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Last Update: 16 Aug 2023