

Lose Control Tonight

Choreographer : Esmeralda van de Pol, Rhoda Lai & Dirk Leibing
Description : 32 counts, 2 wall Improver
Music : "Lose Control " by Van Holtz, Baby Rico & Bad Honey



Intro: 32 counts

CHUG ½ TURN L, SIDE, FLICK, SIDE BUMP, BUMP

1-2	¼ turn L, step RF to R side and push to side-recover weight on LF	09.00
3-4	¼ turn L, step RF to side and push to side -recover weight on LF	06.00
5-6	Step RF to R side, Flick LF	
7-8	Step LF to L side with hip bump, step RF to R side with hip bump	

Optional styling: During the first 4 counts, wave both arms above your head to RLRL during the chorus "lose control tonight".

JAZZBOX, SHUFFLE ¼ TURN R, BACK ROCK

1-2	Cross LF over RF, Step RF back	
3-4	Step LF to L side, Cross RF over LF	
5&6	¼ turn R-step LF back, Step RF next to LF, Step LF back	09.00
7-8	Rock RF back, Recover weight on LF	

FORWARD ROCK R & FORWARD ROCK L & PIVOT ¼ TURN L X2

1-2	Rock RF fwd, Recover weight on LF	
&3-4	Step RF next to LF, Rock LF fwd, Recover weight on RF	
&5-6	Step LF next to RF, Step RF fwd, ¼ turn L-weight on LF	06.00
7-8	Step RF fwd, ¼ turn L-weight on LF	03.00

CROSS SAMBA R, CROSS SAMBA L, JAZZBOX ¼ TURN R

1&2	Cross RF over LF, Rock LF to L side, Recover weight on RF	
3&4	Cross LF over RF Rock RF to R side, Recover weight on LF	
5-6	Cross RF over LF, ¼ turn R-step LF back	06.00
7-8	Step RF to R side, Cross LF over RF	

Restart in wall 11 after 4 counts

Dirk Leibing	dirk@leibing.de
Esmeralda v.d. Pol	dancewithesmeralda@gmail.com
Rhoda Lai	rhoda_eddie@yahoo.ca