

Lose Control AB

Count: 8

Wall: 4

Level: Absolute Beginner Rolling 8-Count



Choreographer: Sher McIntosh (CAN) - October 2026

Music: Lose Control - Teddy Swims

No tags No restarts

Section 1: Step, Touch to 3 corners: top R, back L, back R; Triple Step LRL on the Spot, (Repeat this complete pattern a second time adding 1/4 turn left on the triple step)

1a, 2a, 3a R Step forward top R corner, L touch, L step to back L corner, R touch, R step to back R corner, L touch(as if you were doing a K step)

4&a Triple Step LRL on the spot

5a, 6a, 7a R Step forward top R corner, L touch, L step to back L corner, R touch, R step to back R corner, L touch

8&a Triple Step turning 1/4 L: Step L foot 1/4 turn to L, R beside L, L together with weight)

shermcintosh67@gmail.com