

Lose Control Tonight

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Esmeralda van de Pol (NL), Rhoda Lai (CAN) & Dirk Leibing (DE) - October 2025

Musique: Lose Control - 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

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