

Love Yourself

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Count: 64 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Selly Amalia (INA) Dec. 2015

Music: Love Yourself by Justin Bieber - Purpose Album (Video Version)

Pattern : A-A-A-B -A-A-A-B- A-A- B-B

Start your dance from lyrics “(for all the) times...(count 1)”

Part A - 32 Count

S AI : Walk-Walk-Ball Cross $\frac{1}{4}$ L- Turn $\frac{1}{4}$ R forward- $\frac{1}{4}$ R Sweep-Cross-Weave-Side

1-2&RF step right forward, LF step left forward, RF step beside on ball foot

3-4&LF cross over (facing 9.00), RF $\frac{1}{4}$ turn right forward, LF sweep back to front $\frac{1}{4}$ R (facing 3.00)

5-6 &LF cross over, RF step side, LF cross back

7-8RF step side, Hold

S All : Press- $\frac{1}{4}$ L Recover-L Sailor-Touch Back- Turn $\frac{1}{2}$ R-R back-L Back-Body Roll

1-2LF press, RF recover turn $\frac{1}{4}$ L (facing 12.00)

3&4LF cross back, RF step side, LF step side

5-6&RF touch back, turn $\frac{1}{2}$ R (Weight on LF), RF step back

7-8LF step back, Roll your body from top to bottom (facing 6.00)

S AllI : Rock Back Recover $\frac{1}{8}$ R Side-L Back- Turn $\frac{1}{2}$ L Ball on R- L forward-Turn $\frac{1}{2}$ L sweep2x-Back Sailor on R

1&2RF step back (facing 4.30), LF on ball foot, RF step to side

3&4LF step back, RF beside on ball foot $\frac{1}{2}$ L, LF step forward (facing 10.30)

5-6RF back turn $\frac{1}{2}$ L do sweep on LF front to back, RF sweep front to back

7&8RF cross back, LF step side, RF step side (facing 4.30)

S AIV : 1/8L Samba Cross-Cross Step Back 3/8R-Ball Cross-L Step Forward-3/8L Spiral Turn

1&2LF cross over, turn 1/8 L RF step side (facing 3.00), LF step in place

3&4RF cross over, LF step back turn 3/8R (facing 7.30), RF step back (open your chest ¼ R)

&5-6LF on ball foot together, RF cross over (body facing 10.30), LF step forward (facing 7.30)

7-8LF spiral turn 3/8R ball on LF, Hold

PART B - 32 Count (goes with lyrics “cause if you like...”)

S BI : R Big Slide-L Touch-L Kick Ball Cross-L Big Slide-R Touch-R Kick Ball Cross

1-2RF big slide to side, LF touch beside RF

3&4LF Kick, LF on ball foot, RF cross over

5-6LF big slide to side, RF touch beside LF

7&8RF kick. RF on ball foot, LF cross over

S BII : R out-L Out-Push Hands Forward-Hug Shoulders-Sway- ½ L Step R to Side-L Together

1-2RF out, LF Out

3&4RH push right hand forward in front of chest (palm facing out), LH push left hand in front of chest (palm facing out), Hug shoulders with both hands

5-6sway to R, sway to L

7-8RF turn ½ L step RF to side, LF step together next to RF

S BIII : Repeat S BI (count 1-8)

S BIV : Repeat S BII (count 1-6)

7-8RF step in place, LF step together next to RF

The ending part will be facing front (12.00) and pose!

Enjoy your dance!!

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