

Love Yourself

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Count: 64 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Rebecca Lee (Malaysia) Jan. 2016

Music: Love Yourself by Justin Bieber

Phrasing Sequence : AAAB AAA BB ABB

Start dance after *FOR ALL THE* count 1 is TIMES

PART A (32 Counts)

A1: BACK, COASTER STEP, $\frac{1}{4}$ TURN SCISSOR CROSS, TOUCH, DRAG

- 1 Step R back
- 2&3 Step L back, Step R beside L, Step L forward
- 4&5 $\frac{1}{4}$ turn L Step R to R, Step L beside R, Step R over L**

- 6 Touch L to L
- 7-8 Drag L slowly to R, transfer weight from R to L

A2: CROSS ROCK, ROCK, $\frac{1}{4}$ SWEEP, KNEE POP, HOLD, BALL-CHANGE

- 1-2 Rock R over L, Recover L
- &3,4 Step R beside L, Rock L over R, Recover R with L sweep $\frac{1}{4}$ turn L
- 5&6 Pop R knee, Recover L, Pop R knee
- 7&8 Hold, Step R beside L, Step L forward

A3: WALK, WALK, $\frac{1}{4}$ TURN STEP, $\frac{1}{2}$ TURN STEP, TOUCH, TOUCH, HOLD, SIDE STEP

- 1-2 Walk R, Walk L
- 3-4 $\frac{1}{4}$ turn L Step R forward, $\frac{1}{2}$ turn L Step L to L**

- 5-6 Touch R diagonal L, Touch R to R
- 7&8 Hold, Step L beside R, Touch R to R

A4: HIP ROLL, TOUCH, HIP ROLL, TOUCH, KICK BALL-CROSS, $\frac{3}{4}$ UNWIND

- 1-2& Step R in Place, with hip roll R to R, Touch R in place
- 3-4 Hip roll L to L, Touch L in place
- 5&6 Kick L diagonal, Step L beside R, Cross R over L

7-8 Unwind $\frac{3}{4}$ turn L

Part B (32 Counts) [16x2] CAUSE IF YOU LIKE

B1: STEP TOUCH, STEP TOUCH, WALK, WALK, MAMBO STEP

1-2 Step R to R, Touch L beside R

3-4 Step L to L, Touch R beside L

5-6 Walk R, Walk L

7&8 Rock R forward, Recover L, Step R back

B2: BACKWARD HEEL, COASTER STEP, SIT, RESERVE BODYROLL

9-10 Step L diagonally L backward , Step R diagonally R backward

11&12 Step L back, Step R beside L, Step L Forward (weight on L)

13-14 Step/Drag R Back, Step L beside (with knee together like sitting on stool)

15-16 Bodyroll from hip up to chest.

Option hand movement:

9-10 Open R hand, Open L hand like holding a big book

11&12 Draw a heart shape

13-14 Place the heart you just draw on your chest, hold

B3 + B4 (Repeat counts 1-16)

Contact: Submitted by - jaszdanze@gmail.com

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