

Lose Yourself

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Lisa M.Johns-Grose (Dec 2012)

Music: Dance Until Tomorrow by The Jonas Brothers

Intro: 64 counts.

WALK- WALK -ANCHOR- BACK- BACK - COASTER

1-2 Walk forward right, left

3&4(angling body to right) Step right behind left, step left to left side, step right slightly back

5-6 Walk back left, right

7&8 Step left back, step right next to left, step left forward

SWITCH - SWITCH- TOUCH - HITCH - TOUCH- SAILOR- SAILOR 1/4 LEFT

1&2&3 Touch right to right, step right next to left, touch left to left, step left next to right

&4 Touch right to right, hitch right knee across, touch right to right

5&6 Step right behind left, step left to left, step right to right

7&8 Step left behind right making 1/4 left, step right to right, step left to left

SAMBA - SAMBA -STRUTTING HIP BUMPS

1&2 Step right across left, step left to left, step right to right

3&4 Step left across right, step right to right, step left to left

5&6 Step right toe forward bumping right hip forward, step down on right heel bumping right hip forward

7&8 Step left toe forward bumping left hip forward, step down on left heel bumping left hip forward

***** RESTART here during walls 2 & 5**

ROCKING CHAIR - PIVOT 1/2 - PIVOT 1/2

1-4 Rock forward on right, recover back on left, rock back on right, recover forward on left

5-8 Touch right forward, pivot 1/2 turn left, touch right forward, pivot 1/2 turn left

BEGIN AGAIN

****** RESTARTS: after 24 counts. on walls 2 & 5**

***** TAG - AFTER WALL 8 ADD THE FOLLOWING:-**

1-4 Step right diagonally forward to right, touch left next to right, step left diagonally forward to left, touch right next to left

Contact: htmonalisa@aol.com