

Love You Or Lose You

48 Count, 2 Wall, Intermediate

Choreographer: Sandy Kerrigan - Debbie Banfield - Sharon Forward (Australia) Sept 2015

Choreographed to: Like I'm Gonna Lose You by Meghan Trainor (iTunes - 144 bpm – 3:36)

Dance Starts: 2 Beats in on Lyrics "Found Myself Dreaming"

- S1: Back Rock Step, Step Fwd, Fwd Rock Step, Step Back, Walk Back R, Walk Back L, Sweep Behind, ¼, Side drag**
1 2 & Rock Back on R, Replace Fwd to L, Step Slightly Fwd on R,
3 4 & Rock Fwd on L, Replace Back to R, Back L
5 6 7 Walk Back R, Walk Back L, Sweep R Back around to Cross Behind L
& 8 Turn ¼ L-Step L to L Side, Step R to R Side-Dragging L to R 9:00
- S2: Ball Cross, Replace, Back, Cross Shuffle, Ball Cross, Sweep, Cross, Side Shuffle Turn ¼ Fwd, Together**
& 1 2 & Step Back on Ball of L, Cross R over L, Replace Back to L, Step R to R Side
3 & 4 5 6 Cross L over R, Step Ball of R to R, Step L over R, Sweep R, Cross over L (straight leg sweep-wt on R)
7 & 8 & Step L to L Side, Step R next to L, Turn ¼ L-Step Fwd L, Step R next to L 6:00
- S3: Walk Back, Walk Back, L Mambo Step, ¼ Pivot Turn, Cross, Weave to L Side**
1 2 3 & 4 Walk Back L, Walk Back R, Rock Back L, Replace Fwd to R, Step Fwd L,
5 & 6 Step Fwd R, Pivot ¼ L-wt on L, Cross R over L
& 7 & 8 Step L to L, Cross R Behind L, Step L to L, Cross R over L 3:00
- S4: Ball Cross, Left Side Scissor, ¼ Back, Together, Press Fwd, Back, Together, Step Spiral Turn with Cross Hook**
& 1 2 & 3 Ball of L to L Side, Cross R over L, Step L to L Side, Step R next to L, Cross L over R
4 & 5 6 Turn ¼ L-Step Back on R, Step L next to R, Press R Toe Fwd with R bent Knee, Replace Back to L
& 7 8 Step R Back next to L, Step Fwd L, Full Spiral Turn R on L-R Toe is now across L-wt on L 12:00
- S5: Swing R to Step R Side, Sway L, Sway R, Ball Cross, ¼ Back, Side, Cross Rock, ¼ Fwd, ½ Step Back, Side Ball Cross**
& 1 2 & 3 Swing R Around to Step to R Side, Sway to L Side, Sway to R Side, Ball of L to L, Cross R over L
& 4 5 6 Turn ¼ R-Step Back on L, Step R to R Side, Cross Rock L over R, Replace Back to R
& 7 Turn ¼ L-Step Fwd L, Turn ½ L-Step Back on R
& 8 Travelling Ball Cross to L Side-Step Ball of L to L Side, Cross R over L 6:00
- S6: Step Side, Back Rock, Step Side, Back Rock, ½ Pivot Turn, Quick ½ Pivot Turn, Fwd L Coaster Step**
& 1 2 & 3 4 Step L to L, Rock Back on R, Replace to L, Step R to R, Rock Back on L, Replace Fwd to R
5 6 & 7 Step Fwd L, ½ Pivot Turn R wt on R, Step Fwd L, ½ Pivot Turn R wt on R 6:00
& 8 & Step Fwd L, Step R next to L, Step Back L