



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Lose Yourself

32 Count, 4 Wall, Improver

Choreographer: Lisa Johns-Grose (USA) Dec 2012

Choreographed to: Dance Until Tomorrow by The Jonas Brothers

Intro: 64

WALK, WALK, ANCHOR, BACK, BACK, COASTER

- 1-2 Step right forward, step left forward
Angling body to right
- 3&4 Cross right behind left, step left side, step right slightly back
- 5-6 Step left back, step right back
- 7&8 Left coaster step

SWITCH, SWITCH, TOUCH, HITCH, TOUCH, SAILOR, SAILOR ¼ LEFT

- 1&2&3 Touch right side, step right together, touch left side, step left together
- &4 Touch right side, hitch right knee (across), touch right side
- 5&6 Right sailor step
- 7&8 Left sailor step turning ¼ left

SAMBA, SAMBA, STRUTTING HIP BUMPS

- 1&2 Cross right over left, rock left side, recover to right
- 3&4 Cross left over right, rock right side, recover to left
- 5&6 Step right toe forward and hip forward, drop right heel and hip forward
- 7&8 Step left toe forward and hip forward, drop left heel and hip forward

Restart here during walls 2 & 5

ROCKING CHAIR, TURN ½, TURN ½

- 1-4 Rock right forward, recover to left, rock right back, recover to left
- 5-8 Touch right forward, turn ½ left (weight to left), touch right forward, turn ½ left (weight to left)

RESTARTS after 24 counts on walls 2 & 5

TAG AFTER WALL 8

- 1-4 Step right diagonally forward, touch left together, step left diagonally forward, touch right together