



Lose Myself

16 Count 4 Wall Beginner Level Dance.
Choreographed by: Malene Jakobsen (DK) Dec 2025
Choreographed to: Lose Myself by Calum Scott
Intro: 4 Counts. Start at approx 6 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SERPIENTE, CROSS ROCK, SIDE, CROSS ROCK, ¼ STEP

- 1-2& Cross L over R sweeping R from back to front, cross R over L, step L to L
- 3-4& Cross R behind L sweeping from front to back, cross L behind R, step R to R
- 5-6& Rock L across R, recover onto R, step L to L
- 7-8& Rock R across L, recover onto L, turn ¼ R stepping fwd, on R (3:00)

SEC 2 NIGHTCLUB BASIC, NIGHTCLUB BASIC, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK

- 1-2& Step L to L, close R next to L, cross L over R
- 3-4& Step R to R, close L next to R, cross R over L
- 5-6& Step L to L, cross R behind R, step L to L
- 7-8& Cross R over L, rock L to L, recover onto R

Tag At the end of Wall 4

CROSS ROCK, SIDE ROCK

- 1-2 Rock L across R, recover onto R
- 3-4 Rock L to L, recover onto R