

# Love You or Lose You

Compte: 48

Mur: 2

Niveau: Intermediate



Chorégraphe: Sandy Kerrigan (AUS), Debbie Banfield (AUS) & Sharon Forward (AUS) -  
September 2015

Musique: Like I'm Gonna Lose You (feat. John Legend) - Meghan Trainor : (Album: Title,  
Deluxe - iTunes)

Dance Starts: 2 Beats in on Lyrics/"Found Myself Dreaming" Track Length 3:36

**S1: Back Rock Step, Step Fwd, Fwd Rock Step, Step Back, Walk Back R, Walk Back L, Sweep Behind, ¼, Side drag**

1 2 & 3 4 &     Rock Back on R, Replace Fwd to L, Step Slightly Fwd on R, 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 6:00**

& 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  
& 8 &            Step Fwd L, Step R next to L, Step Back L

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Contact: 0412 723 326 - <http://www.kerrigan.com.au/> [lassoo@optusnet.com.au](mailto:lassoo@optusnet.com.au)