

# Lose Yourself In The Rhythm

拍數: 64                      牆數: 2                      級數: Intermediate  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2016  
音樂: I Wanna Dance With You - Stephanie Urbina Jones



**Intro: Start after 16 Count, approx. 7 secs – 152bpm**

**Section 1: R Side Rock/Recover, R Back Rock/Recover, ½ L Hinge, Cross Hold**

1-4                      Rock R side, recover weight on L, rock R back, recover weight on L  
5-8                      Turning ¼ left step R back, turning ¼ left step L side, cross step R over L, hold (6 o'clock)

**Section 2: L Side Rock/Recover, ¼ L Back Rock/Recover, L Fwd, R Fwd, ½ L Pivot Turn, R Fwd**

1-2                      Rock L side, recover weight on R  
3-4                      Turning ¼ left rock L back, recover weight on R (3 o'clock)  
5-8                      Step L forward, step R forward, pivot ½ left, step R forward (9 o'clock)

**Section 3: Slow Mambos: L Fwd, Hold, R Fwd Rock/Recover, R Back, Hold, L Back Rock/Recover**

1-4                      Step L forward, hold, rock R forward, recover weight on L  
5-8                      Step R back, hold, rock L back, recover weight on R

**Section 4: Step ¼ L Into Serpiente**

1-2                      Step L forward, sweeping R from back to front turn ¼ left on L (6 o'clock)  
3-4                      Cross step R over L, step L side

**Wall 9 Ending: Dance 28 counts bringing you to front wall add the following:**

**Step back on R, cha cha cha L/R/L to beat of music**

5-6                      Cross step R behind L, sweep L from front to back  
7-8                      Cross step L behind R, step R side

**Section 5: L Cross Step, Hold, R Side, L Together, R Back, Hold, L Side, R Together**

1-4                      Cross step L over R, hold, step R side, step L together

**Wall 5 Restart: During wall 5 facing back wall, Restart after 36 counts**

5-8                      Step R back, hold, step L side, step R together

**Section 6: L Side, Hold, R Cross Rock/Recover, R Side, Hold, L Cross Rock & Recover**

1-4                      Step L side, hold, cross rock R over L, recover weight on L

**Wall 7 Tag / Restart:**

**During wall 7 facing back wall, add 4 count Tag after 44 counts and Restart facing Front wall**

**Tag 1-4: Step R side, step L forward, pivot ½ R, step L forward**

5-8                      Step R side, hold, cross rock L over R, recover weight on R

**Section 7: L Fwd, ½ L Hitch, R Cross Walk Hold, L Cross Walk Hold, R Fwd Rock/Recover**

1-2                      Step L forward, hitching R up turn ½ left on L (12 o'clock)  
3-6                      Cross step R forward, hold, cross step L forward, hold  
7-8                      Rock R forward, recover weight on L

**Section 8: R Back, L Touch, L Step, Hold, R Fwd, ½ L Pivot Turn, R Fwd, L Together**

1-4                      Step R back, touch L slightly forward of R, step L down, hold  
5-8                      Step R forward, pivot ½ left, step R forward, step L together

**Tag: At end of Wall 2, facing front wall, do the following 4 count Tag**

1-2                      Sway R, hold  
3-4                      Sway L, hold

