

# Lose Yourself

**COPPER KNOB**  
STEPPERS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Lisa M. Johns-Grose (USA) - December 2012  
音樂: Dance Until Tomorrow by The Jonas Brothers



Intro: 64 counts.

## WALK- WALK -ANCHOR- BACK- BACK - COASTER

1-2                      Walk forward right, left  
3&4                      (angling body to right) Step right behind left, step left to left side, step right slightly back  
5-6                      Walk back left, right  
7&8                      Step left back, step right next to left, step left forward

## SWITCH - SWITCH- TOUCH - HITCH - TOUCH- SAILOR- SAILOR 1/4 LEFT

1&2&3                      Touch right to right, step right next to left, touch left to left, step left next to right  
&4                      Touch right to right, hitch right knee across, touch right to right  
5&6                      Step right behind left, step left to left, step right to right  
7&8                      Step left behind right making 1/4 left, step right to right, step left to left

## SAMBA - SAMBA -STRUTTING HIP BUMPS

1&2                      Step right across left, step left to left, step right to right  
3&4                      Step left across right, step right to right, step left to left  
5&6                      Step right toe forward bumping right hip forward, step down on right heel bumping right hip forward  
7&8                      Step left toe forward bumping left hip forward, step down on left heel bumping left hip forward

\*\*\*\* RESTART here during walls 2 & 5

## ROCKING CHAIR - PIVOT 1/2 - PIVOT 1/2

1-4                      Rock forward on right, recover back on left, rock back on right, recover forward on left  
5-8                      Touch right forward, pivot 1/2 turn left, touch right forward, pivot 1/2 turn left

## BEGIN AGAIN

\*\*\*\* RESTARTS: after 24 counts. on walls 2 & 5

## \*\*\* TAG - AFTER WALL 8 ADD THE FOLLOWING:-

1-4                      Step right diagonally forward to right, touch left next to right, step left diagonally forward to left, touch right next to left

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