

Lose Myself

Choreographer: Malene Jakobsen, Denmark
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Type of dance:	16 counts, 4 wall
Level:	Beginner NC2
Choreographed to:	Lose Myself by Calum Scott, from the album Avenoir, available on iTunes, 70 BPM 4 counts after the piano starts playing, 6 sec. into track, start on the word "racing", dance begins with weight on R
Intro:	
Tag:	There is 1 tag after wall 4 facing 12.00

		Facing
Counts	Footwork	
1-8	Serpiente, cross rock, side, cross rock, 1/4	
1-2&	(1) Cross L over R sweeping R from back to front, (2) cross R over L, (&) step L to L	12.00
3-4&	(3) Cross R behind L sweeping from front to back, (4) cross L behind R, (&) step R to R	12.00
5-6&	(5) Rock L across R, (6) recover onto R, (&) step L to L	12.00
7-8&	(7) Rock R across L, (8) recover onto L, (&) turn 1/4 R stepping fwd. on R	3.00
9-16	L basic, R basic, side, behind, side, cross, side rock	
1-2&	(1) Step L to L, (2) close R next to L, (&) cross L over R	3.00
3-4&	(3) Step R to R, (4) close L next to R, (&) cross R over L	3.00
5-6&	(5) Step L to L, (6) cross R behind R, (&) step L to L, (7) cross R over L	3.00
8&	(8) Rock L to L, (&) recover onto R	3.00
TAG	Cross rock, side rock	
1-2	(1) Rock L across R, (2) recover onto R	
3-4	(3) Rock L to L, (4) recover onto R	