

Love Yourself

Count: 64

Wall: 1

Level: Phrased Intermediate

Choreographer: Rebecca Lee (MY) - January 2016

Music: Love Yourself - Justin Bieber



Phrasing Sequence : AAAB AAA BB ABB

Start dance after *FOR ALL THE* count 1 is TIMES

PART A (32 Counts)

A1: BACK, COASTER STEP, ¼ TURN SCISSOR CROSS, TOUCH, DRAG

- 1 Step R back
- 2&3 Step L back, Step R beside L, Step L forward
- 4&5 ¼ turn L Step R to R, Step L beside R, Step R over L
- 6 Touch L to L
- 7-8 Drag L slowly to R, transfer weight from R to L

A2: CROSS ROCK, ROCK, ¼ SWEEP, KNEE POP, HOLD, BALL-CHANGE

- 1-2 Rock R over L, Recover L
- &3,4 Step R beside L, Rock L over R, Recover R with L sweep ¼ turn L
- 5&6 Pop R knee, Recover L, Pop R knee
- 7&8 Hold, Step R beside L, Step L forward

A3: WALK, WALK, ¼ TURN STEP, ½ TURN STEP, TOUCH, TOUCH, HOLD, SIDE STEP

- 1-2 Walk R, Walk L
- 3-4 ¼ turn L Step R forward, ½ turn L Step L to L
- 5-6 Touch R diagonal L, Touch R to R
- 7&8 Hold, Step L beside R, Touch R to R

A4: HIP ROLL, TOUCH, HIP ROLL, TOUCH, KICK BALL-CROSS, ¾ UNWIND

- 1-2& Step R in Place, with hip roll R to R, Touch R in place
- 3-4 Hip roll L to L, Touch L in place
- 5&6 Kick L diagonal, Step L beside R, Cross R over L
- 7-8 Unwind ¾ turn L

Part B (32 Counts) [16x2] CAUSE IF YOU LIKE

B1: STEP TOUCH, STEP TOUCH, WALK, WALK, MAMBO STEP

- 1-2 Step R to R, Touch L beside R
- 3-4 Step L to L, Touch R beside L
- 5-6 Walk R, Walk L
- 7&8 Rock R forward, Recover L, Step R back

B2: BACKWARD HEEL, COASTER STEP, SIT, RESERVE BODYROLL

- 9-10 Step L diagonally L backward, Step R diagonally R backward
- 11&12 Step L back, Step R beside L, Step L Forward (weight on L)
- 13-14 Step/Drag R Back, Step L beside (with knee together like sitting on stool)
- 15-16 Bodyroll from hip up to chest.

Option hand movement:

- 9-10 Open R hand, Open L hand like holding a big book
- 11&12 Draw a heart shape
- 13-14 Place the heart you just draw on your chest, hold

B3 + B4 (Repeat counts 1-16)

Contact: Submitted by - jaszdanze@gmail.com

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