

I Can't Lose

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Maureen Ryan Hawkins (USA) - 18 July 2025

Music: I Can't Lose - Jonas Brothers



S1: ROCK, SYNCOPATED WEAVE X2

- 1,2 Rock R foot to the R, recover on L foot.
- 3&4 Cross R foot behind L, step out L foot to the L, cross R foot in front of L.
- 5,6 Rock L foot to the L, recover on R foot.
- 7&8 L foot behind R, step out R foot to the R, cross L foot in front of R.

S2: R HEEL GRIND, R COASTER, ¼ TURN R, L HEEL GRIND L COASTER

- 1,2 Rock fwd R heel twisting R toe from L to R, recover back L
- 3&4 Step back R, step L next to R, step fwd R
- 5,6 Make ¼ to right and Rock fwd L heel twisting L toe from L to R, recover back R stepping L to R side
- 7&8 Step back L, step R next to L, step fwd L (3 o'clock)

S3: ROCK, RECOVER, PONY STEP BACK X 2 ROCK BACK, RECOVER

- 1,2 Rock R forward (1), Recover back on L (2)
- 3&4 Step R back while popping L knee up (3), Step L next to R (&), Step R back while Popping L knee up (4)
- 5&6 Step L back while popping R knee up (5), Step R next to L (&), Step L back while popping R knee up (6)
- 7,8 Rock R back recover on L next to R

You can also just triple/shuffle back if your knees bother you for counts 1-6

S4: R PRESS-RETURN, L PRESS-RETURN, COASTER STEPS

- 1,2 R press forward (1); recover weight onto L (2)
- 3&4 Step back R, step L next to R, step fwd R
- 5,6 L press forward (3); recover weight onto R (4)
- 7&8 Step back L, step R next to L, step fwd L

Styling: Open your hands out wide like you are hugging someone.

TAG/RESTART:

HOP OUT, HOP CROSS, UNWIND,

- 1,2 Hop in place, hop crossing RF over LF
- 3,4 ½ turn unwind facing 6 o'clock

Restart Dance