

## LIKE I'M GONNA LOSE YOU

**Choreographers:** Mary and Bob Townsend-Manning  
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**Record:** Like I'm Gonna Lose You Meghan Trainor 3:39 Slow to 41.5 rpm  
 Album: Title Available as download from Amazon and itunes  
**Footwork:** Opposite, except where noted  
**Rhythm/Level:** Slow Two Step IV+1+1 (Triple Traveler) (The Square) Released Feb 2017  
**Sequence:** A B A B Int B Tag

### PART A

**1---4** {BFLY WALL} SWAY L; SWAY R; TWSTY BASIC;;  
 1-2 Sd L with upper body sway, -, -, -; Sd R with upper body sway, -, -, -;  
 3-4 Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R;  
**5---8** R TRN O/S ROLL; BASIC END; R TRN O/S ROLL; BAS END;  
 5 Swvling RF on wgted R sd & bk L in front of ptr, -, sd & bk R trng ¼ RF to fc ptr,  
 XLIF (Fwd R comm RF twl, -, fwd L cont twl, fwd R comp twl) to CP COH;  
 6 Sd R, -, XLIB, rec R;  
 7-8 Repeat meas 5-6 of Part A to WALL;;  
**9--12** TWO OP BASICS;; SWITCHES;;  
 9 Sd L, -, XRIB, rec L to L ½ OP RLOD;  
 10 Sd R, -, XLIB, rec R to ½ OP LOD;  
 11-12 Fwd & sd L XIF of W, -, fwd & sd R, XLIF (Fwd R, -, fwd L, XRIF); Fwd R, -,  
 fwd L, XRIF (Fwd & sd L XIF of M, -, fwd & sd R, XLIF);  
**13-16** SD BASIC; SWEETHEART WRAP; SWEETHEART RUNS 2X {CP WALL};;  
 13 Sd L, -, XRIB, rec L;  
 14 Sd R leading W to twl LF, -, XLIB, rec R (Sd L comm LF twl, -, trng LF sip R, sip  
 L) to WRAP LOD;  
 15-16 In WRAP pos Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to CP WALL;  
**17-20** SCIS SCAR; SCIS BJO; FWD HITCH; HITCH SCIS BFLY;  
 QQS 17 Sd L, cl R, XLIF, - to SCAR;  
 QQS 18 Sd R, cl L, XRIF, - to BJO;  
 QQS 19 Fwd L, cl R, bk L, -;  
 QQS 20 Bk R, cl L, fwd R, - (Sd L, cl R, XLIF, -) to BFLY WALL;  
**21-24** TWO LUNGE BASICS;; BASIC TO CP;;  
 21-22 Sd L, -, rec R, XLIF; Sd R, -, rec L, XRIF;  
 23-24 Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R to CP WALL;

### PART B

**1---4** {CP WALL} TRIPLE TRAVELER;;; BASIC END TO BFLY;  
 1-3 Leading W into LF trn fwd L trng LF, -, comp LF trn sd & fwd R, fwd L (Bk & sd  
 R comm LF trn, -, cont LF trn fwd L, comp LF trn fwd R) to LOP LOD; Fwd Rspiral, -,  
 fwd L, fwd R (Sd & fwd L, -, fwd R, fwd L); Fwd L, -, fwd R, fwd L (Fwd R, -, fwd L  
 twl RF, fwd R comp twl RF);  
 4 Repeat meas 6 of Part A to BFLY WALL;

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**5--8**      **BOTH HANDS UNDERARM TRN; OP BRK; CHG SDS UNDERARM; BASIC END TO PKUP LOW BFLY;**

5 With joined ld hands and joined tr hands sd L, -, XRIB, rec L (Sd R, -, XLIF comm RF trn, rec R comp RF trn) to stacked hands;

6 Sd R, -, bk L, rec R;

7 Under joined stacked hands fwd L trng ½ RF, -, sd R, XLIF;

8 Repeat meas 6 of Part A blending to LOW BFLY LOD;

**9—12**      **FOUR TRAVELING CROSS CHASSES TO BFLY WALL;;;;**

9-10 Fwd L, -, fwd & sd R, XLIF; Fwd R, -, fwd & sd L, XRIF;

11-12 Repeat meas 9-10 of Part B to BFLY WALL;;

**13-16**      **UNDERARM TRN; REV UNDERARM TRN; BASIC TO CP;;**

13 Sd L, -, XRIB, rec L (Sd R, -, XLIF comm RF trn, rec R comp RF trn);

14 Sd R, -, XLIF, rec R (Sd L, -, XRIF comm LF trn, rec L comp LF trn);

15-16 Repeat meas 23-24 of Part A;;

**17-20**      **TRIPLE TRAVELER;;; BASIC END TO BFLY;**

17-20 Repeat meas 1-4 of Part B;;;;

**21-24**      **BOTH HAND UNDERARM TRN; OP BRK; CHG SDS UNDERARM; BASIC END TO BFLY;**

21-24 Repeat meas 5-8 of Part B to BFLY WALL;;;;

**REPEAT PARTS A AND B**

**INTERLUDE**

**1---8**      **TWO OP BASICS;; THE SQUARE;;;; OP BASIC; BASIC END CP WALL;**

1-2 Repeat meas 9-10 of Part A;;

3-4 Fwd & sd L XIF of W trn ¼ RF, -, sd R, XLIF (Fwd R trng ¼ RF, -, sd L, XRIF);

Fwd R trng ¼ RF, -, sd L, XRIF (Fwd & sd L XIF of M trng ¼ RF, -, sd R, XLIF) to ½ OP RLOD;

5-6 Repeat meas 3-4 of Int to ½ OP LOD;;

7 Repeat meas 9 of Part A;

8 Repeat meas 6 of Part A to CP WALL;

**REPEAT PART B**

**TAG**

**+      SWAY L,**

+ Repeat the first step of Part A,

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**“A”**

SWAY L & R; TWSTY BASIC;;  
R TRN O/S ROLL; BAS END; R TRN O/S ROLL; BAS END;  
2 OP BASICS;; SWITCHES;;  
SD BASIC; SWEETHEART WRAP; SWEETHEART RUNS 2X; TO CP WALL;  
SCIS SCAR; SCIS BJO; FWD HITCH; HITCH SCIS BFLY;  
2 LUNGE BASICS;; BASIC; TO CP;

**“B”**

TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO PKUP;  
4 TRAV X CHASSE;;; TO BFLY WALL;  
U/A TRN; REV U/A TRN; BASIC; TO CP;  
TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO BFLY;

**“A”**

SWAY L; SWAY R; TWSTY BASIC;;  
R TRN O/S ROLL; BAS END; R TRN O/S ROLL; BAS END;  
2 OP BASICS;; SWITCHES;;  
SD BASIC; SWEETHEART WRAP; SWEETHEART RUNS 2X; TO CP WALL;  
SCIS SCAR; SCIS BJO; FWD HITCH; HITCH SCIS BFLY;  
2 LUNGE BASICS;; BASIC; TO CP;

**“B”**

TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO PKUP;  
4 TRAV X CHASSE;;; TO BFLY WALL;  
U/A TRN; REV U/A TRN; BASIC; TO CP;  
TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO BFLY;

**“INT”**

2 OP BASICS;; THE SQUARE;;; OP BASIC; BAS END CP WALL;

**“B”**

TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO PKUP;  
4 TRAV X CHASSE;;; TO BFLY WALL;  
U/A TRN; REV U/A TRN; BASIC; TO CP;  
TRIP TRAV;;; BAS END TO BFLY;  
BOTH HND U/A TRN; OP BRK; CHG SDS U/A; BAS END TO BFLY;

**“TAG”**

SWAY L,