

LIKE I'M GONNA LOSE YOU

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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);

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,