

# Extreme Love



**Count:** 48      **Wall:** 2      **Level:** Intermediate  
**Choreographer:** Niels Poulsen (Denmark) August 2015  
**Music:** Like I'm Gonna Lose You by Meghan Trainor feat. John Legend. [Track length: 3.49 mins.]

**Intro:** Start on very first beat in music!!!!... Start with weight on L.

**NOTE:** Alternative start is to start AFTER the first step of your rock step.

This means you start with the weight on R being ready to recover back on L on count 2 of the dance.

**No matter what: listen carefully to the music**

**Restart:** On wall 5 (starts facing 12:00), after 16 counts. Though facing 10:30 you restart facing 12:00

**NOTE:** Many of the '&' counts should be executed with a slight hesitation making them 'a' counts.

However, feel free to teach the dance with & counts. Just listen to the music, the beats in the music are fairly easy to hear...

**[1 – 8] Cross rock R & L, ¼ L, ½ L sweep, behind side fwd with sweep, beginning of weave**

1 – 2&      Cross rock R over L (1), recover back on L (2), step R a small step to R side (&) 12:00  
 3 – 4&      Cross rock L over R (3), recover back on R (4), turn ¼ L stepping fwd on L (&) 9:00  
 5          Turn ½ L stepping back on R and sweeping L out to L side (5) 3:00  
 6&7      Cross L behind R (6), step R to R side (&), step fwd on L sweeping R fwd (7) 3:00  
 8&      Cross R over L (8), step L to L side (&) 3:00

**[9 – 16] Touch behind, unwind ¾ turn R, step turn step, step ½ L X 3, sweep 1/8 L, run R L**

1 – 2      Touch R behind L (1), unwind ¾ turn R onto R (2) 12:00  
 &3 – 4      Step fwd on L (&), turn ½ R onto R (3), step fwd on L (4) 6:00  
 &5&6&7      Step R fwd (&), turn ½ L onto L (5), step R fwd (&), turn ½ L onto L (6), step R fwd (&), turn ½ L onto L continuing to turn 1/8 L on L sweeping R fwd (7) 10:30  
 8&      Run R fwd (8), run L fwd (&) \* Restart here on wall 5 (squaring up to 12:00 when restarting) 10:30

**[17 – 24] Rock R fwd, ball point back, L full turn back, L back rock, 1/8 R into L vine ¼ L**

1 – 2      Rock fwd on R (1), recover back on L (2) 10:30  
 &3 – 4&      Step back on R (&), point L back (3), turn ½ L fwd on L (4), turn ½ L back on R (&) 10:30  
 5 – 6      Rock back on L (5), recover fwd to R (6) 10:30  
 &7 – 8      Turn 1/8 R stepping L to L side (&), cross R behind L (7), turn ¼ L stepping L fwd (8) 9:00

**[25 – 32] Step ½ L, cross tap sweep, behind side, cross point R & L, cross sweep L, cross side**

&1      Step fwd on R (&), turn ½ L onto L sweeping R fwd at the same time (1) 3:00  
 2&3      Cross R slightly over L (1), tap L behind R (&), recover back on L sweeping R to R side (3) 3:00  
 4&      Cross R behind L (4), step L to L side (&) 3:00  
 5&6&      Cross point R over L (5), step R to R side (&), cross point L over R (6), step L to L side (&) 3:00  
 7 – 8&      Cross R slightly over L sweeping L to L side (7), cross L over R (8), step R to R side (&) 3:00

**[33 – 41] L back rock, side L, R back rock, ¼ L, L back rock, ½ R, R back rock, L full turn**

1 – 2&      Rock back on L (1), recover to R (2), step L to L side (&) 3:00  
 3 – 4&      Rock back on R (3), recover to L (4), turn ¼ L stepping back on R (&) 12:00  
 5 – 6&      Rock back on L (5), recover to R (6), turn ½ R stepping back on L (&) 6:00  
 7 – 8      Rock back on R (7), recover to L (8) 6:00  
 &1      Turn ½ L stepping back on R (&), turn ½ L stepping L fwd and sweeping R fwd (1) 6:00

**[42 – 48] R twinkle, L weave, R side rock into L rolling vine**

2&3      Cross R over L (2), rock L to L side (&), recover to R (3) 6:00  
 4&5      Cross L over R (4), step R to R side (&), cross L behind R (5) 6:00  
 6      Rock R to R side and slightly rotating upper-body to R side to prepare for L rolling vine (6) 6:00  
 7 – 8&      Recover to L turning ¼ L onto L (7), turn ½ L stepping back on R (8), turn ¼ L stepping L to L side (&) 6:00

**START AGAIN**

**Ending** When completing wall 6 turn another ½ L on L stepping R to R side, now facing [12:00]

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