

Extreme Love

Choreographer: Niels Poulsen (Denmark)

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August 2015



Type of dance: 48 counts, 2 walls, line dance
 Level: Intermediate
 Music: **Like I'm gonna lose you** by Meghan Trainor feat. John Legend. Track length: 3.49 mins. Buy on iTunes, Amazon, etc. ☺
 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 ☺
 1 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... ☺

Counts	Footwork	End facing
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 ... ☺	12:00