



## Extreme Love

Choreographed by Niels B. Poulsen

**Description** 48 count, 2 wall, intermediate Nightclub line dance

**Music** Like I'm Gonna Lose You by Meghan Trainor (Feat. John Legend) (220 bpm)

The music is a Viennese Waltz rhythm (counted 1-2-3 4-5-6), but this line dance uses only counts 1, 3, 4, and 6 (which the step sheet calls 1&2&). Though similar to nightclub rhythm, it is not really nightclub rhythm. Just go with it.

**Intro** 0. Or start after the first step of your rock step

### CROSS/ROCK RIGHT & LEFT, $\frac{1}{4}$ LEFT, $\frac{1}{2}$ LEFT SWEEP, BEHIND SIDE FORWARD WITH SWEEP BEGINNING OF WEAVE

- 1-2& Cross/rock right over, recover to left, step right side
- 3-4& Cross/rock left over, recover to right, turn  $\frac{1}{4}$  left and step left forward (9:00)
- 5-6& Turn  $\frac{1}{2}$  left and step right back, sweep/cross left behind, step right side (3:00)
- 7-8& Step left forward, sweep/cross right over, step left side

### TOUCH BEHIND, UNWIND $\frac{3}{4}$ TURN RIGHT, STEP TURN STEP, STEP $\frac{1}{2}$ LEFT X 3, SWEEP $\frac{1}{8}$ LEFT, RUN RIGHT LEFT

- 1-2& Cross/touch right behind, unwind  $\frac{3}{4}$  right (weight to right), step left forward (12:00)
  - 3-4& Turn  $\frac{1}{2}$  right (weight to right), step left forward, step right forward (6:00)
  - 5&6& Turn  $\frac{1}{2}$  left (weight to left), step right forward, turn  $\frac{1}{2}$  left (weight to left), step right forward (6:00)
  - 7-8& Turn  $\frac{5}{8}$  left and sweep right back to front, step right forward, step left forward (10:30)
- Restart here on repetition 5, squaring up to 12:00 when restarting*

### ROCK RIGHT FORWARD, BALL POINT BACK, LEFT FULL TURN BACK, LEFT BACK ROCK, $\frac{1}{8}$ RIGHT INTO LEFT VINE $\frac{1}{4}$ LEFT

- 1-2& Rock right forward, recover to left, step right back
- 3-4& Touch left back, turn  $\frac{1}{2}$  left and step left forward, turn  $\frac{1}{2}$  left and step right back (10:30)
- 5-6& Rock left back, recover to right, turn  $\frac{1}{8}$  right and step left side (12:00)
- 7-8& Cross right behind, turn  $\frac{1}{4}$  left and step left forward, step right forward (9:00)

### STEP $\frac{1}{2}$ LEFT, CROSS TOUCH SWEEP, BEHIND SIDE, CROSS POINT RIGHT & LEFT, CROSS SWEEP LEFT, CROSS SIDE

- 1-2& Turn  $\frac{1}{2}$  left and sweep right back to front, cross right over, touch left slightly back (3:00)
- 3-4& Step left back, sweep/cross right behind, step left side
- 5&6& Cross/touch right over, step right side, cross/touch left over, step left side
- 7-8& Cross right over, sweep/cross left over, step right side

### LEFT BACK ROCK, SIDE LEFT, RIGHT BACK ROCK, $\frac{1}{4}$ LEFT, LEFT BACK ROCK, $\frac{1}{2}$ RIGHT, RIGHT BACK ROCK, LEFT FULL TURN

- 1-2& Rock left back, recover to right, step left side

- 3-4& Rock right back, recover to left, turn  $\frac{1}{4}$  left and step right back (12:00)  
 5-6& Rock left back, recover to right, turn  $\frac{1}{2}$  right and step left back (6:00)  
 7-8& Rock right back, recover to left, turn  $\frac{1}{2}$  left and step right back (12:00)

### RIGHT TWINKLE, LEFT WEAVE, RIGHT SIDE ROCK INTO LEFT ROLLING VINE

- 1-2& Turn  $\frac{1}{2}$  left and step left forward, sweep/cross right over, rock left side (6:00)  
 3-4& Recover to right, cross left over, step right side  
 5-6 Cross left behind, step right side  
 7-8& Turn  $\frac{1}{4}$  left and step left forward, turn  $\frac{1}{2}$  left and step right back, turn  $\frac{1}{4}$  left and step left side (6:00)

### REPEAT

• RESTART •

*Turn  $\frac{1}{8}$  right after 16 counts of repetition 5 to face the front wall, then restart the dance at the beginning*

• ENDING •

*When completing repetition 6, turn  $\frac{1}{2}$  left and step right side to end facing the front wall*

---

Niels B. Poulsen | EMail: niels@love-to-dance.dk | Address: Løgeskov 36, 5771 Stenstrup, Denmark | Phone: (+45) 2 819 2186

Use barcode scanner  
on phone/tablet to  
view dance video at



Print layout ©2005 - 2018 by Kickit. All rights reserved.