

LOSING YOU FEELS GOOD

DANCE BY NANCY & DEWAYNE BALDWIN

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RECORD RCA 62291

ARTIST MARTINA MC BRIDE

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 47

RHYTHM RUMBA PH IV + 1 [OPN HIP TWST]

DATE 5-12

SEQUENCE A B A C END

INTRO

1-5 BFLY ; ½ BAS;AIDA; SWCH RK; THRU FC CL;

Wait; Fwd L, rec R, sd L,-; Fwd R trn, sd L trn, bk R,-; Trn sd L, rec R, sd & fwd L,-;
XRif, sd L, cl R,-;

PART A

1-4 BFLY CHASE;;;:

Fwd L trn, rec R, fwd L,-; Fwd R trn, rec L, fwd R,-; Fwd L, rec R, bk L,-; Bk R,
rec L, fwd R,-;

5-8 HD SHK OP HIP TWST; FAN; HKY STK;;

Fwd L, rec R, cl L,-; Bk R, rec L, sd R,-; Fwd L, rec R, cl L,-; Bk R, rec L fwd R,-;

9-12 NY; WHIP L OP; PROG WLK 3; SLD DR;

Thru L, rec R to fc, sd L,-; Bk R trn, rec L, sd R,-; Fwd L, fwd R, fwd L,-; Rk apt R, rec L, XRif,-;

13-16 CIRC 6 BJO;; WHL 6;;

Fwd L trn, fwd R trn, fwd L trn,-; Fwd R trn, fwd L trn, fwd R trn; Fwd L, fwd R, fwd L,-;
Fwd R, fwd L, fwd R BFLY WL,-;

17 FNC LINE 4;

X lun L, rec R, sd L, cl R;

PART B

1-4 BFLY BAS;; FNC LINE; SHLDR-SHLDR;

Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; X lun L, rec R, sd L,-; Rk fwd R, rec L, sd R,-;

5-8 SHLDR-SHLDR; THRU SERP;; NY;

Rk fwd L, rec R, sd L,-; Thru R, sd L, bhd R, fan L; Bhd L, sd R, thru L, fan R; Thru R,
rec L to fc, sd R,-;

9-12 SHLDR-SHLDR 2X;; THRU SERP;;

Rk fwd L, rec R, sd L,-; Rk fwd R, rec L, sd R,-; Thru L, sd R, bhd L, fan R; Bhd R,
sd L, thru R, fan L;

13-16 THRU AIDA; RK FWD 3 BFLY; ALEMANA;;

Thru L trn, sd R trn, bk L; Fwd R, rec L, fwd R,-; Fwd L, rec R, cl L,-; Bk R, rec L, sd R,-;

17 NY 4;

Thru L, rec R to fc, sd L, cl R;

PART C

1-4 HND-HND; CRB WLKS;; SPT TRN;

Swvl bk L, rec R trn to fc, sd L,-; XRif, sd L, XRif,-; Sd L, XRif, sd L,-; XRif trn,
rec L, sd R,-;

5-8 CRB WLKS;; FNC LINES 2X;;

XLif, sd R, XLif,-; Sd R, XLif, sd R,-; X lun L, rec R, sd L,-; X lun R, rec L, sd R,-;

END

1-3 BFLY SD DRAW CL; SD LUNGE; TWIST & HOLD;

Slo Sd L, draw R, cl R,-; Sd L,-,-,-; Twist,-,-,-;