

Love Me or Leave Me Alone

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Choregraphie par : Michael BARR

Description : 48 temps, 2 murs, Novice Valse,
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Musique : Love Me or Leave Me Alone by Dustin
Lynch (feat. Karen Fairchild) CD: Current Mood/102 bpm:
4:04 or 4:05



Download music: Single downloads from iTunes or Amazon

Special thanks to my partner, Michele Burton, for suggesting the music and getting it all started.

Lead: 24 cts. – 2 *Restarts

[1-6] Forward Cross, Side, Return – Forward Cross, Side, Fall Back

1 – 3 Step R to left forward diagonal; Step L side left; Return weight to R angling body to right diagonal (1:30)

4 – 6 Step L forward to the right diagonal; Step R side right; Step L back angling body to left diagonal (10:30)

[7-12] (Still on Diagonal) Step Back & Drag (2 cts.) – Step Forward, 1/2 Turn Left, Step Back

Note: All of these 6 steps face the 10:30 diagonal or the 4:30 diagonal

1 – 3 Step R back while dragging L to R; Count 2 of drag; Count 3 of drag (10:30)

4 – 6 Step L forward to left diagonal prepping for left turn; Turn ½ left stepping back on R; Step back on L (4:30)

[13-18] Waltz Coaster (back-together-forward) – Twinkle (forward, side, return)

1 – 3 Step R back; Step L next to R; Step R forward (4:30)

4 – 6 Step L forward; Step R side right (square up); Return weight to L (3 o'clock)

[19-24] Forward, Hesitation Kick – Back, Rock, Return

Note: Allow count 1 to open your body just slightly to the left diagonal (2:00) for all 6 counts

1 – 3 Step R forward crossing slightly in front of L; Lift L leg towards left diagonal; Straighten lift or small kick (2:00)

4 – 6 Step L back; Rock R side right; Return weight to L (body ready to weave left)

[25-30] Weave Left – 1/4 Left, Forward, 1/2 Left (over rotate just a bit)

1 – 3 Step R in front of L; Step L side L (square up to 3 o'clock wall); Step R behind L

4 – 6 Turn ¼ left stepping L forward; Step R forward (up a bit on the ball); Turn ½ left taking weight onto L (6:00)

Note: On the ½ turn (count 6) if you stay up on the toes and “fall” into you count 1 of the next set it feels pretty good ☐

[31-36] Forward Press Return Side – Forward Press Return Side

1 – 3 Step (press) R forward to left diag. in front of L; Return weight to L in place; Step R side right

4 – 6 Step (press) L forward to right diag. in front of R; Return weight to R in place; Step L side left

***Restarts:**

Start wall 3 at 12 o'clock, dance 36 counts and then restart the dance on 6 o'clock wall from beginning.

Start wall 6 at 6 o'clock, dance 36 counts and then restart the dance on 12 o'clock wall from beginning.

[37-42] Twinkle – Twinkle 1/2 Turn Left

1 – 3 Step R forward in front of L; Step L side left; Return weight to R opening to right diagonal

4 – 6 Step (prep) L in front of R; Turn ¼ left stepping back on R; Turn ¼ left stepping L side left (12:00)

[43-48] Twinkle – Twinkle 1/2 Turn Left

1 – 3 Step R forward in front of L; Step L side left; Return weight to R opening right diagonal

4 – 6 Step (prep) L in front of R; Turn ¼ left stepping back on R; Turn ¼ left stepping L side left (6:00)

Begin Again

Ending: Dance ends on the front as you drag back. Kind of cool!

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