I Can't Lose

Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Kate Sala (UK) - July 2025

Music: I Can't Lose - Jonas Brothers

Quick Intro: 8 Counts.

Step Right, Behind, Kick Ball Cross, Side Rock, Recover, Side Switches Left And Right.

1 2	Step R to right side. Cross step L behind R.
3 & 4	Kick R forward. Step down on ball of R. Cross step L over R.
5 6	Side rock on R to right side. Recover on to L.
&7 & 8	Step R next to L. Touch L out to left side. Step L next to R. Touch R out to right side.

Jazz box Stepping Forward, Kick Ball Change, Cross Rock, Recover.

1 - 4	Cross step R over L. Step back on L. Step R to right side. Step forward on L.
5 & 6	Kick R forward. Step down on ball of R. Step down on L.
7 8	Cross rock on R over L. Recover on to L. (Add TAG here during wall 5 facing 9:00)

Step Right, Cross Rock, Recover, Turn 1/4 Left, Step Pivot 1/4 Turn Left, Cross Shuffle.

1 - 3	Step R to right side. Cross rock on L over R. Recover on to R.
4 - 6	Turn 1/4 left stepping forward on L. Step forward on R. Pivot 1/4 turn left. 6:00
7 & 8	Cross step R over L. Step L to left side. Cross step R over L.

Chasse Left, Cross Rock Behind Recover, Box Step 3/4 Turn Left.

1 & 2	Step L to left side. Step R next to L. Step L to left side.
3 4	Cross rock on R behind L. Recover on to L.
5 6	Step R out to right side. Turn 1/4 left stepping L out to left side.
7 8	Turn 1/4 left stepping R out to right side. Turn 1/4 left stepping L out to left side. 9:00

Shuffle Forward, Rock Forward, Recover, Walk Back x 2, Touch Back, Reverse 1/2 Turn Left.

1 & 2	Step forward on R. Step L next to R. Step forward on R.
3 4	Rock forward on L. Recover on to R.
5 6	Walk back on L, R.
7 8	Touch L toe back. Reverse 1/2 turn left. (Weight on L) 3:00

Shuffle Forward, Rock Forward, Recover, Walk Back x 2, Touch Back, Reverse 1/4 Turn Left.

1 & 2	Step forward on R. Step L next to R. Step forward on R.
3 4	Rock forward on L. Recover on to R.
5 6	Walk back on L, R.
7 8	Touch L toe back. Reverse 1/4 turn left. (Weight on L). (Restart during wall 1) 12:00

Cross Rock, Recover, Full Turn Right With Right Chasse, Cross Rock, Recover.

1 2	Cross rock on R over L. Recover on to L.
3 4	Turn 1/4 right stepping forward on R. Turn 1/2 right stepping back on L.
5 & 6	Turn 1/4 right stepping R to right side. Step L next to R. Step R to right side. 12:00
7 8	Cross rock on L over R. Recover on to R.

Long Step Left, Drag Right In, Cross Rock Behind, Recover, Turn 1/4 Right Toe Strut Forward x 2.

1 2	Long step on L out to left side. Drag R towards L. (Weight on L).
3 4	Cross rock on R behind L. Recover on to L.
5 6	Turn 1/4 right stepping forward on ball of R. Drop R heel down.
7 8	Step forward on ball of L. Drop L heel down. 3:00

RESTART 1: During wall 1 after count 48
TAG: During wall 5. Dance up to count 16 then add 4 count TAG: 1 - 2 Side rock on R to right side. Recover on to L with 1/4 turn left. 3 - 4 Step forward on R. Pivot 1/2 turn left to face front. Start again from the beginning