

# Love Myself More Today

Artist: Bif Naked  
 Album:  
 Type: Alternative  
 Level: Intermediate

Choreo: Susan Woods  
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**Sequence: A, Br1, B, Br2, A\*, Br1, B, Br3, A\*\*, Br1, B\*, B**

Wait 32

Part A: (48)	┌ Dragger Switch	L DS Dble R R Dbl Swt Lift
		R Dble Dble S(xif) Drag S Drag S Swt
		&a1 &a 2 e &a 3 & 4 & 5 & 6 &a 7 & 8
	x3 ┌ Joey turn	L Dble Ball (ots) Ba (ots) Ba (xib) S
	(1/2 left 2 times	R Ba (xib) Ba (ots) Ba (ots)
	no turn on 3 <sup>rd</sup> )	&a 1 & 2 & 3 & 4
	└ Western Basic	L Loop S(xib) R
		R DS (ots) DS S
		&a1 & 2 &a3 & 4
Br1: (16)	2 Cowboys (1/2 left each)	L DS DS H R R R
		R DS Br Up DS S S S
		&a1 &a2 &a3 & 4 &a5 & 6 & 7 & 8
Part B: (40)	┌ Twist Burton	L Dble Twist H S H
		R Sk Up Slapdown
		&a 1 2 3 e & a 4
	Baby Break	L DS Break Bo Bo
		R Dble Break (xif) H H Lift
		&a1 &a 2 & 3 & 4
	x2 ┌ Bad Stamp	L Stamp R Stamp R
		R DS S S
		&a1 & 2 & 3 & 4
	└ Kick Rock Kick	L DS S
		R Pause Kick R Pause Kick
		&a1 2 & 3 & 4
	2 Hop Heel Pull Basics	L Heel DS S
		R Hop Pull S R
		& 1 & 2 &a3 & 4

Br2: Stagger Lee L Dble S R  
 (16) x2 | R H Toe (xif) Heel\* S  
 &a 1 2 3 & 4  
 Triple L DS DS S  
 R DS R  
 &a1 &a2 &a3 & 4

Part A\*: Dragger Switch  
 (24) Joey no turn  
 Western Basic  
 Dragger Switch

Br1: 2 Cowboys

Part B:

Br3: 2 Heel Toe Vines L DS DS DS DS S  
 (24) R H S(xif) Toe S(xib) H S(xib) R  
 &a1 &2 &a3 & 4 &a5 & 6 &a7 & 8  
 4 Single Kicks L DS H  
 (in a box) R Kick Lift  
 &a1 & 2

Part A\*\*: Stagger Lee  
 (32) x2 | Joey turn (1/2 Left)  
 Western Basic

Br1: 2 Cowboys

Part B\*: Leave off Hop Heel pulls

Part B:

Ending: 4 – 8 twist basics and let music fade or make up something funky or edit music

Twist Basics L Dble Twist H Lift R  
 R DS S  
 &a1 & 2 &a3 & 4