

Please Love Yourself

Count: 20

Wall: 4

Level: High Improver

Choreographer: Diana Liang (CN) - August 2026

Music: Please Love Yourself (请好好爱自己) - Lia (莉亚)



Tag/Restart, Intro 16

Restart after 16Cs on W2/W4/W5, also on W6 after adding Tag2

Tag1 4Cs after W3/W7

Tag2 8Cs after 16Cs on W6

S1: Skate Samba Weave Samba

1-2 skate Rf to R diagonal, skate Lf to L diagonal

3&4 cross Rf over Lf, rock Lf to L, turn 1/8R recovering to Rf, 1:30H

5&6& cross Lf over Rf, step Rf to R, step Lf behind Rf, step Rf to R

7&8 cross Lf over Rf, turn 1/8L rocking Rf to R, 12H, turn 1/8L recovering to Lf, 10:30

Ends here on W9 facing 12H

S2: Runs 1/2L Pivot Forward 1/2R Back Back 1/8L Side Lunge 1/4R Recover 1/2R Lock back

1&2& run Rf forward, run Lf forward, step Rf forward, turn 1/2L step Lf in place, 4:30H

3&4 step Rf forward, turn 1/2L stepping Lf back, 10:30H, Step Rf back

5-6& turn 1/8L lunging Lf to L, 9H, turn 1/4R recovering to Rf while lifting Lf backwards, 12H, continue a 1/2R, 6H

7&8 step Lf back, lock Rf over Lf, step Lf back

Restart Here on W2/W4/W5, also on W6 after Tag2 added

S3: Rock Back 1/2L Back 1/4L Sailor

1&2 rock Rf back, recover to Lf, turn 1/2L stepping Rf back, 12H

3&4 step Lf behind Rf, 12H, turn 1/4L stepping Rf next to Lf, 9H, step Lf forward

Tag1: 4Cs of NC Basic after W3/W7

1-2& step Rf to R, rock Lf behind Rf, slightly cross recover to Rf

3-4& step Lf to L, rock Rf behind Lf, slightly cross recover to Lf

Tag2: 8Cs after 16Cs of W6, walks Shuffle in Circle to L

1-2 step Rf forward, 1/8L stepping Lf forward, 4:30H

3&4 1/8L stepping Rf forward, 3H, 1/4L stepping Lf forward, 12H, 1/8L stepping Rf forward, 10:30H

5-6 step Lf forward, 1/8L stepping Rf forward, 7:30H

7&8 1/8L stepping Lf forward, 6H, step Rf forward, step Lf to L

Thanks and happy dancing!

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