

# So Empty

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: M.T. Groove (UK) - September 2006

Musique: Without Me - Eminem : (CD: The Eminem Show)

**Start dance after long intro?.you?ll hear a match strike then start on rapping!**

We dedicate this dance to our Sunday Class. You are all great friends and we appreciate your never ending support!

## **SHOULDERS, STEP STEP, WALK L,R, SHUFFLE ½ TURN L**

- 1-2-3 Isolate shoulders R,L,R. (up down up).  
&4-5-6 Step L in place, Step R forward. Walk forward L,R.  
7&8 L shuffle ½ turn L in a semi circle shape

## **¼ TURN L, HOLD, ¼ TURN R, COASTER STEP, JUMP, HEEL, DIP.**

- 1-2 Make a ¼ turn L step R to R side- lean/drop into this so R leg bent and L toe raises off floor (put R hand on R knee). Hold for count 2.  
3 Push off R making a ¼ turn R stepping R next to L (weight now on R facing 6 o'clock).  
4&5 L coaster step.  
6-7-8 Jump onto R, Touch L heel forward, Dip (bend knees slightly).

## **¼ TURN R BACK R, L,R,L, ¼ TURN R STEP SIDE, CROSS. OUT OUT, SIDE ROCK/LEAN.**

- 1 Push off L heel stepping back on R as you ¼ turn R.(count 1).  
2-3 Walk back L,R.  
4&5 Step back on L, Make ¼ turn R step R to R side, Cross L over R.  
6-7 Step out out R.L (make sure feet not too far apart).  
8 Side lunge step R out to R side. (raise L toe off floor as you lunge). (Facing 12 o'clock).

ARMS: (optional) on count 8 throw R arm down to R hip and L arm upto R shoulder with first two fingers on each hand pointing.

## **RECOVER, WALK L,R, ROCK ¼ TURN L SIDE HITCH, CROSS BACK BACK, STEP ¼ TURN L, FIGURE 4.**

- 1 Recover onto L step R next to L (weight on R).  
2-3 Walk L,R  
4&5 Rock forward on L, Recover R, Make a ¼ turn L step onto L as you hitch your R to R side.  
6&7 Cross R over L, Step back L,R.  
&8 Make a ¼ turn L step forward L, Hitch R foot behind L calf (figure 4) Lean upper body to L as you hitch.

## **WALK R,L, FULL TURN L, WALK R,L,R TOGETHER,**

- 1-2-3-4 Walk R, L, Make a full turn L stepping R, L (keep full turn tight and bend down a little as you do counts 3-4).  
5-6-7-8 Walk R,L, Make a large step forward on R (over the wall style) step L next to R.

## **TOUCH TOGETHER X2, TAP X2, BUMP BUMP.**

- 1-2-3-4 Touch R heel across L, Step R next to L. Repeat leading L.  
5-6 Tap L foot next to R twice angled to L diagonal.  
7-8 Still angled to L diagonal bump hips to L twice.

## **ROCK RECOVER, ROCK SLIDE, CROSS SIDE, CROSS SIDE ¼ TURN L.**

- 1-2 Square upto 6 o'clock as you - Rock R to R side, Recover L,  
3-4 Rock R to R side, Slide L to R taking weight on L and pop R knee forward (angling to R diagonal).  
5-6 Cross R over L, Step L to L side as you square up to 6 o'clock.  
7-8 Cross R over L, Make a ¼ turn L stepping forward L (3 o'clock).

**ROCK RECOVER, WALK BACK, R COASTER ¼ TURN CROSS, TRIPLE FULL TURN.**

1-2 Rock forward R, Recover L.

3-4 Walk back on R (pop L knee forward), Walk back on L (pop R knee).

5&6 Step back on R, Close L next to R, ¼ turn R as you cross R over L.

7&8 Make a full turn L stepping L,R,L .

**start over and enjoy! Don't Just Move It???Groove It!**

[www.mtgroove.co.uk](http://www.mtgroove.co.uk)

---