

Without You I'm Alone

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Nina Chen (TW) - December 2017
音乐: Without You I'm Alone (沒有你陪伴真的好孤單) - MIYA (夢然)



Intro: 32 counts

Part A : (32 counts)

A1: BACK - SWEEP, BACK - SWEEP, BACK - TOGETHER, SWAY

1-4 Step RF back - Sweep LF from front to back - Step LF back - Sweep RF from front to back
5-8 Step RF back - Step LF beside RF - Step RF to R while sway hips R - Sway hips L

A2: FWD LOCK STEP - 1/4 R HITCH, FWD LOCK STEP - HITCH

1-4 Step RF fwd - Step LF behind RF - Step RF fwd - 1/4 R (3:00) hitch LF
5-8 Step LF fwd - Step RF behind RF - Step LF fwd - Hitch RF

A3: WEAVE - SWEEP, BEHIND - SIDE - CROSS - SWEEP

1-4 Cross RF over LF - Step LF to L - Cross RF behind LF - Sweep LF from front to back
5-8 Cross LF behind RF - Step RF to R - Cross LF over RF - Sweep RF from back to front

A4: CROSS - HITCH - CROSS - HOLD, 1/4 R FWD - 1/2 R SIDE - 1/2 R SIDE - TOGETHER

1-4 Cross RF over LF - Hitch LF - Cross LF over RF - Hold
5-8 1/4 R (6:00) step RF fwd - 1/2 R (12:00) step LF to L - 1/2 R (6:00) step RF to R - Step LF beside RF

Part B : (32 counts)

B1: NIGHT CLUB BASIC - 1/4 R NIGHT CLUB BASIC

1-2&, 3-4& Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF
5-6&, 7-8& 1/4 turn L (9:00) Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF

B2: (R&L) SIDE - RECOVER - CROSS, MAMBO 1/2 R, MAMBO 1/2 L

1&2, 3&4 Step RF to R - Recover on LF - Cross RF over LF, Step LF to L - Recover on RF - Cross LF over RF
5&6, 7&8 Rock RF fwd - Recover on LF - 1/2 turn R (12:00) step RF fwd, Rock LF fwd - Recover on RF - 1/2 turn L (6:00) step LF fwd

B3: HALF DIAMOND, (R&L) CORSS MAMBO

1&2, 3&4 Cross RF over LF - Make 1/8 turn R (7:30) stepping LF back - Make 1/8 turn R (9:00) stepping RF back, Make 1/8 turn R (10:30) stepping LF back - Make 1/8 turn R (12:00) stepping RF to R - Step LF slightly fwd
5&6, 7&8 Cross RF over LF - Recover on LF - Step RF to R, Cross LF over RF - Recover on RF - Step LF to L

B4: (R&L) SIDE MAMBO, FWD MAMBO, BACK MAMBO

1&2, 3&4 Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF
5&6, 7&8 Rock RF to fwd - Recover on LF - Step RF beside LF, Rock LF back - Recover on RF - Step LF beside RF

Tag: (4 counts) After wall , wall (12:00)

SWAY

1-4 Step RF to R while sway hips (R L R L)

Ending: (16 counts)

Sec E1: (R&L) SIDE MAMBO, FWD ROCK - RECOVER - BACK - SWEEP

1&2, 3&4 Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF

5-8 Rock RF fwd - Recover on LF - Step RF back - Sweep LF from front to back

Sec E2: BACK - SWEEP - BACK - TOGETHER, SWAY

1-4 Step LF back - Sweep RF from front to back - Step RF back - Step LF beside RF

5-8 Step RF to R while sway hips (R L R L)

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com
