

Nothing Without You

拍数: 48 墙数: 4 级数: Low Intermediate
编舞者: Amy Glass (USA) - March 2019
音乐: Nothing Without You - Samantha Jade : (iTunes)



#12 Count Intro

[1-6] ½ Diamond Starting facing R Diagonal

12 Step LF fwd (cross over RF) (1:30), Step RF to R turning 1/8 L (12:00)
3 Step LF back turning 1/8 L (10:30)
456 Step RF back, Step LF to L turning 1/8 L (9:00), Step RF fwd while turning 1/8 L (7:30)

[7-12] Fwd, Rock Fwd, Recover, Back, Back, ½ Turn R

123 Step LF fwd, Rock RF fwd, Recover weight back on LF (7:30)
45 Step RF back, Step LF back while beginning to turn upper body ½ R
6 Turn lower body ½ R placing weight fwd on RF (1:30) **note-make only a small step forward

[13-18] Whisk L (with 1/8 R), Whisk R

123 Turn 1/8 R (3:00) while stepping LF to left, Cross RF behind LF, Replace weight on LF
456 Step RF to right side, Cross LF behind RF, Replace weight on RF

[19-24] Step with ¼ L, Sweep ½ L, Weave

123 Step LF toward 12:00 (turning ¼ L), Sweep RF and turn ½ L (6:00)
456 Cross RF over LF, Step LF to L, Cross RF behind LF

[25-30] Step Drag, Touch/Prep, Rolling 1 ¼ Turn R

12 Big step left, Drag RF (but don't quite close RF next to LF)
3 Touch RF to R side while prepping upper body
456 Turn ¼ R (9:00) while stepping RF fwd, Turn ½ R (3:00) stepping LF back, Turn ½ R stepping RF fwd (9:00)

****note: prepare for upcoming L turn next**

[31-36] Step, Rolling Full Turn L, Step, ½ Turn R

1 Step LF fwd (prepping for L turn—turn L toes out to make upcoming L turn easier)
2-3 Turn ½ L while stepping back on RF, Turn ½ L while stepping fwd on LF (9:00)
4 Step RF Fwd
5-6 Step LF Fwd and pivot ½ R, Recover weight fwd on RF (3:00)

[37-42] Waltz ½ R, Waltz Back R

123 Step LF fwd, Turn ¼ L while stepping RF to right (12:00), Turn ¼ L while stepping LF back (9:00)
456 Step RF back, Close LF next to RF, Step RF fwd to R diagonal

[43-48] Cross, Side Rock, Recover x2 (Opening to Diagonals and moving slightly forward)

123 Step fwd while crossing LF over RF, Rock RF to Right, Recover weight on LF (opening body to L diagonal)
456 Step fwd while crossing RF over LF, Rock LF to Left, Recover weight on RF (opening body to R diagonal)

Contact: amyleeane@gmail.com