

Me Without You (P)

拍数: 32 墙数: 0 级数: Novice Partner
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音乐: Me Without You - Tim & The Glory Boys



Start: In Reverse Sweetheart position facing RLOD. The lady at the man's left side.
Starting on the L step for the man and the R for the Lady.
Intro: 16 counts.

[1-8] M: 2X (WALK BACK), COASTER STEP, STEP, PIVOT 1/4 TURN L, CROSS SHUFFLE to L
[1-8] L: 2X (WALK BACK), COASTER STEP, STEP, PIVOT 1/4 TURN R, CROSS SHUFFLE to R

1-2 M: Walk back with L,R
 L: Walk back with R,L

3&4 M: Step L back, step R together L, step L forward
 L: Step R back, step L together R, step R forward

5-6 M: Step R forward, pivot 1/4 turn to left (ending weight on step L)
 L: Step L forward, pivot 1/4 turn to right (ending weight on step R)

*** On count 5, the man raises both L hands over the lady's head.

*** On count 6, the man lower both L hands crossed over both R hands.

*** You are now in Double Hand Cross position.

7&8 M: Cross shuffle to left with R,L,R
 L: Cross shuffle to right with L,R,L

[9-16] M: STEP SIDE, CROSS, CHASSÉ to L, CROSS, 1/4 TURN R, 1/2 TURN R and SHUFFLE FORWARD
[9-16] L: 1/4 TURN L, 3/4 TURN L, CHASSÉ to R, CROSS, 1/4 TURN R, SHUFFLE FORWARD

1-2 M: Step L to left side, cross step R behind L
 L: 1/4 turn to left and step R back, 3/4 turn to left and ball L to left side

*** On count 1, without letting the hands go, we raise both L hands over the lady's head.

*** On count 2, without letting the hands go, we raise both R hands over the lady's head.

*** You are now in Double Hand Cross position (both R hands on the top).

3&4 M: Chassé to left with L,R,L
 L: Chassé to right with R,L,R

5-6 M: Cross step R behind L, 1/4 turn to right and step L back
 L: Cross step L behind R, 1/4 turn to right and step R forward

*** On count 5, we let go both R hands, keeping the left hands together.

On count 6, we take back both R hands in front of the man's keeping the left hands in the man's back.

7&8 M: 1/2 turn to right and shuffle forward with R,L,R
 L: Shuffle forward with L,R,L

[17-24] M: 2X (WALK FWD), SHUFFLE FWD, STEP, TOUCH, KICK-BALL-STEP
[17-24] L: FULL TURN L, SHUFFLE FWD, STEP, TOUCH, KICK-BALL-STEP

1-2 M: Walk forward with L,R
 L: 1/2 turn to left and step R back, 1/2 turn to left and step L forward

*** On count 1, we let go both L hands.

*** On count 2, both R hands are in the lady's back at the waist height and take back both L hands.

*** You are now in Skater position.

3&4 M: Shuffle forward with L,R,L
 L: Shuffle Forward with R,L,R

5-6 M: Step R forward, touch L together R
 L: Step L forward, touch R together L

7&8 M: Kick L forward, step L together R, step R forward
 L: Kick R forward, step R together L, step L forward

[25-32] M: 1/4 TURN R with 3X (SWAYS), WEAVE to L, STEP, PIVOT 1/4 TURN R, SYNCOPATED ROCK

[25-32] L: 1/4 TURN L with 3X (SWAYS), WEAVE to R, STEP, PIVOT 1/4 TURN L, SYNCOPATED ROCK

1-2-3 M: 1/4 turn to right and step L to left side in swaying hips to left, right, left

L: 1/4 turn to left and step R to right side in swaying hips to right, left, right

***** On count 1, we let go both R hands and take them back in front of us under both L hands.**

***** You are now in Double Hand cross position. (Both L hands over both the R hands)**

4&5 M: Cross step R behind L, step L to left side, cross step R over L

L: Cross step L behind R, step R to right side, cross step L over R

6-7 M: Step L to left side, pivot 1/4 turn to right

L: Step R to right side, pivot 1/4 turn to left

***** On count 7, raise both L hands over the lady's head, you are now in Reverse Sweetheart position.**

8& M: Rock step L forward, recover on R

L: Rock step R forward, recover on L

Restart 1: At the 4th repetition of the dance, after 8 counts, add:

M: 1/4 turn to right

L: 1/4 turn to left

And restart the dance from the beginning in Reverse Sweetheart position.

Restart 2: At the 7th repetition of the dance, after 16 counts, add:

M: 1/2 turn to right

L: 1/2 turn to left

And restart the dance from the beginning in Reverse Sweetheart position.

HAVE FUN AND ENJOY!

NANCY, GUY, LINDA & PIERRE
