

Controversy

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Without Me - Eminem



HEEL STEP & FOOT SIDE TOUCHES, ½ PIVOT TURN (LEFT) WITH HEEL LIFT, HEEL BALL CHANGE

- 1 Right - tap heel forward
- & Right - step back in place
- 2 Left - touch foot out to side (inside of foot touching floor)
- 3 Left - tap heel forward
- & Left - step back in place
- 4 Right - touch foot out to side (inside of foot touching floor)
- 5 Right - touch (ball of) foot forward
- 6 On (balls of) both feet pivot ½ turn left, lifting right heel off floor (keeping weight on left foot)
- 7 Right - tap heel slightly forward
- & Right - step back on (ball of) foot, while slightly lifting left foot off floor
- 8 Left - lower foot back to floor

Option: a regular kick ball change can be done for counts 7&8

Arm styling for counts 1-8: When you tap your heel forward on 1 and 3 bring both fist up against your chest with fists touching together. For counts &2 and &4 punch both fists diagonally towards the floor, corresponding to the side foot touches (punch left when touching left & punch right when touching right). Also the more advanced dancers can lean to the side opposing the side touches (lean slightly to the right when touching out to left side, lean slightly to the right when touching out to the right side)

WALK FORWARD, KICK, WALK BACKWARDS, COASTER STEP, WALK FORWARD

- 9 Right - step forward
- 10 Left - step forward
- 11 Right - kick forward
- 12 Right - step backward
- 13 Left - step backward on (ball of) foot
- & Right - step together on (ball of) foot
- 14 Left - step forward
- 15 Right - step forward
- 16 Left - step forward

Styling: when walking forward pop shoulders up & down

SYNCOPATED VINE (LEFT), (LEFT) SAILOR STEP, CROSS & CROSS

- 17 Right - step to side
- 18 Left - cross step behind right foot
- & Right - step slightly backward on (ball of) foot
- 19 Left - cross step in front of right foot
- 20 Right - step to side
- 21 Left - cross step behind right foot
- & Right - step slightly to side
- 22 Left - step slightly to side
- 23 Right - cross step in front of left foot
- & Left - step slightly to side
- 24 Right - cross step in front of left foot

Arm styling: on the cross & cross keep body facing forward facing forward, and extend your right fist slightly forward and roll your fist in a small circle (like you are rolling a rope (lasso), also slightly lean your body backward

HIP BUMPS, DIAGONAL STEP FORWARD, HIP BUMPS, SYNCOPATED CROSS ROCKS

- 25 Left - turning $\frac{1}{4}$ turn left, step diagonally forward on (ball of) foot, while bumping left hip forward
- & Bump right hip backward
- 26 Bump left hip forward while stepping down on left foot
- 27 Right - step diagonally forward on (ball of) foot while bumping right hip forward
- & Bump left hip backward
- 28 Bump right hip forward while stepping down on right foot
- 29 Left - cross rock in front of right foot, while slightly lifting right foot off floor
- & Right - lower foot back to floor
- 30 Left - step slightly backward
- 31 Right - cross rock in front of left foot, while slightly lifting left foot off floor
- & Left - lower foot back to floor
- 32 Right - touch toe slightly out to side or (touch together)

Styling: on the hip bumps pop your shoulders corresponding to the bumps slightly turn your body diagonally to the right on the left hip bumps, and turn your body diagonally to the right on the left hip bumps

Styling: on the syncopated cross rocks, push your fists forward on counts 5 and 7, bring arms back in on the & counts, and push fists towards the floor on counts 6 and 8

REPEAT

Remember all arm movements are optional, do what you are comfortable with or come up with your own styling be creative and enjoy.

When using Eminem's Without you Be sure that you check to see which version you are using. One will be edited and the original is not. Some may find this version to be offensive. Use discretion.
