

So Empty

拍数: 64 墙数: 2 级数: Intermediate
编舞者: M.T. Groove (UK) - September 2006
音乐: 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
