

Get Along Without You

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) & Tweety - February 2010
音乐: Get Along Without You Now - UB40 : (New Single 2010)



Intro 16 count (10 sec)

Sec 1: Fwd Coaster Step R, Lockstep Back, Kick & Touch, Down Up, Down

- 1&2 Step forward on Rf, close Lf next to Rf, and step back on Rf weight onto Rf (12:00)
- 3&4 Step back on Lf, lock Rf forward Lf, and step back on Lf weight onto Lf
- 5&6 Kick forward on Rf, step Rf back in place, and touch on Lf and keeping weight onto Rf
- 7&8 dip body down, coming up, dip body down and keeping weight onto Rf (12:00)

Sec 2: Cross Samba (Left), 1/4 Pivot Turn L, Sailor Kick with 1/4 Turn R, 1/4 Turn R, Side, Together

- 1&2 Cross step Lf over Rf, step Rf to the right side and slightly backwards, step Lf to the left side and slightly backwards
- 3-4 Step forward on Rf, make a 1/4 turn left (9) and take weight onto both feet
- 5&6 Step Rf behind Lf, make a 1/4 turn right (12) and step Lf to the left side (slightly diagonal), and kick fwd on Rf
- 7-8 Make a 1/4 turn right (3) and step Rf to the right side, and step Lf next to Rf weight onto both feet

Sec 3: Fwd Rock pushing Hips Back, Recover, Side Mambo, Together, Chasse L With 1/4 Turn L, Fwd Mambo / Recover, 1/4 Turn R, Side

- 1-2 Rock forward on Rf, recover Lf and pushing hips back & rolling back on to L heel
- 3&4 Mambo Rf out to the right side, recover on Lf, and step Rf next to Lf take weight onto Rf
- 5&6 Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (12) and step forward on Lf weight onto Lf
- 7&8 Mambo forward on Rf, recover on Lf, make a 1/4 turn right (3) and step Rf to the right side weight onto Rf

Sec 4: Cross, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Lock Step Back, 1/4 Turn R, Side Mambo, Touch

- 1&2 Cross Lf over Rf, step Rf to the right side, and step Lf behind Rf
- 3&4 Mambo Rf to the left side, recover on Lf, make a 1/4 turn right (6) and step back on Rf weight onto Rf
- 5&6 Step back on Lf, lock Rf forward Lf, and step back on Lf weight onto Lf
- 7&8 Make a 1/4 turn right (9) and mambo Rf to the right side, recover on Lf, and touch Rf next to Lf weight onto Lf

Sec 5: Kick Ball Side 1/4 Turn R, Sailor Kick, Cross, Quarter Turn, Side, Behind, Side, Cross

- 1&2 Kick forward on Rf, step Rf back in place, make a 1/4 turn right (12) and step Lf to the left side weight onto Lf
- 3&4 Step Rf behind Lf, Step Lf to the left side, and kick Rf forward on diagonal weight onto Lf
- 5&6 Step Rf back in place, cross Lf over Rf, make a 1/4 turn left (9) and step Rf to the right side weight onto Rf
- 7&8 Step Lf behind Rf, step Rf to the right side, and cross Lf over Rf weight onto Lf (9:00)

Sec 6: 1/2 Rumba box Fwd , Chasse L With 1/4 Turn L, 1/2 Rumba box Fwd , Chasse L With 1/4 Turn L

- 1&2 Step Rf to right side, close Lf beside Rf, and step forward on Rf weight onto Rf
- 3&4 Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (6) and step forward on Lf weight onto Lf
- 5&6 Step Rf to right side, close Lf beside Rf, and step forward on Rf weight onto Rf

7&8

Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (3) and step forward on Lf weight onto Lf

Start Again And Have Fun!

smoothdancer79@hotmail.com
