

Get Along Without You

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver
编舞者: Mark Guichard (UK) - March 2011
音乐: Gonna Get Along Without You Now - Viola Wills : (CD: Soul Classics plus other compilations)



Choreographer's note: Some versions of this song will have a longer intro or an extended track length. This does not affect the body of the dance at all, including the restart, which remains exactly the same. Start on the vocals whichever version you use and the dance will fit. Trust me!

Intro: Start on first vocals. Dance rotates in CW direction

Point forward. Point Side. Coaster step. Step. Pivot half turn Right. Shuffle forward

1 – 2 Point Right toe Forward. Point Right toe to Right side
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot half turn Right (6 o'clock)
7&8 Step forward on Left. Step Right beside Left. Step forward on Left

Point forward. Point Side. Coaster step. Step. Pivot half turn Right. Shuffle forward

1 – 2 Point Right toe Forward. Point Right toe to Right side
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot half turn Right (12 o'clock)
7&8 Step forward on Left. Step Right beside Left. Step forward on Left

***Restart at this point during wall 1**

Heel switches x 2. Side switches. Quarter turn Left. Step. Pivot half turn Left x 2

1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
3&4 Touch Right toe to Right side. Step Right beside Left. Touch Left toe to Left side
&5 – 6 Quarter turn Left transferring weight onto Left. Step forward on Right. Pivot half turn Left
7 – 8 Step forward on Right. Pivot half turn Left (9 o'clock)

Chasse Right. Back rock. Side Left. Touch. Side Right. Touch

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side
3 – 4 Rock back on Left. Recover onto Right
5 – 8 Step Left to Left side. Touch Right beside Left. Step Right to Right side. Touch Left beside Right

Option: Wave arms above head during steps 5 - 8

Chasse Left. Back rock. Side Right. Touch. Side Left. Touch

1&2 Step Left to Left side. Step Right beside Left. Step Left to Left side
3 – 4 Rock back on Right. Recover onto Left
5 – 8 Step Right to Right side. Touch Left beside Right. Step Left to Left side. Touch Right beside Left

Option: Wave arms above head during steps 5 - 8

Heel switches x 4 making quarter turn Left. Side switches. Quarter turn Left. Knee dip

1& Touch Right heel forward. Step Right beside Left
2& Make one eighth turn Left touching Left heel forward. Step Left beside Right
3& Touch Right heel forward. Step Right beside Left
4& Make one eighth turn Left touching Left heel forward. Step Left beside Right (completing quarter turn Left)
5 &6 Touch Right toe to Right side. Step Right beside Left. Touch Left toe to Left side
&7 – 8 Quarter turn Left. Dip knees. Straighten up transferring weight onto Left foot (3 o'clock)

Start again
