

# Life Without U (沒有你的日子) (zh)

COPPER KNOB  
STYLEDANCE

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK) - 2009年02月  
音樂: My Life Would Suck Without You - Kelly Clarkson : (CD: All I Ever Wanted)



前奏 : 32 fast counts (13sec) Start on Vocals. (Total Song Duration 3m 42s) CW rotation.

- 第一段**      **Step, 1/2 Pivot Left, Right Shuffle, Full Turn Right, Rock Forward, Recover** 踏, 左1/2, 前交換, 右轉圈, 前下沉, 回復
- 1,2      Step forward on right, 1/2 pivot turn left (6.00)  
右足前踏, 左軸轉180度(面向6點鐘)
- 3&4      Step forward on right, Step left next to right, Step forward on right  
右足前踏, 左足併踏, 右足前踏
- 5,6      1/2 turn right stepping back on left, 1/2 turn right stepping forward on right (6.00)右轉180度左足後踏, 右轉180度右足前踏(面向6點鐘)
- 7,8      Rock forward onto left, Recover onto right  
左足前下沉, 右足回復
- 第二段**      **Left Toe-Strut Back, Walk Back, 1/2 Left, Walk, Hold, 3/4 Right**  
左足後趾踵, 後走, 左1/2, 走, 候, 右3/4
- 1,2      Step back on left toe, step down on left heel  
左足趾後點, 左足踵踏
- 3,4      Walk back on right, 1/2 turn left stepping forward on left (12.00)  
右足後走, 左轉180度左足前踏(面向12點鐘)
- 5,6      Walk forward on right, HOLD 右足前走, 候
- 7,8      1/2 turn right stepping back on left, 1/4 turn right stepping right to right side (9.00)  
右轉180度左足後踏, 右轉90度右足右踏(面向9點鐘)
- 第三段**      **Cross Rock, Recover, Left Side Chasse, Left Weave**  
交叉下沉, 回復, 左追步, 左藤步
- 1,2      Cross rock left over right, Recover onto right  
左足於右足前交叉下沉, 右足回復
- 3&4      Step left to left side, Step right beside left, Step left to left side 左足左踏, 右足併踏, 左足左踏
- 5,6      Cross right over left, Step left to left side  
右足於左足前交叉踏, 左足左踏
- 7,8      Cross right behind left, Step left to left side (9.00)  
右足於左足後交叉踏, 左足左踏(面向9點鐘)
- 第四段**      **CROSS ROCK, RECOVER, RIGHT SIDE CHASSE, 1/2 HINGE TURN X2, 1/2 HINGE TURN WITH SIDE ROCK, RECOVER**  
交叉下沉, 回復, 右追步, 轉1/2二次, 轉1/2側下沉, 回復
- 1,2      Cross rock right over left, Recover onto left  
右足於左足前交叉下沉, 左足回復
- 3&4      Step right to right side, Step left beside right, Step right to right side 右足右踏, 左足併踏, 右足右踏
- 5,6      1/2 hinge turn right stepping left to left side, 1/2 hinge turn right stepping right to right side (9.00)  
右轉180度左足左踏, 右轉180度右足右踏(面向9點鐘)
- 7,8      1/2 hinge turn right rocking out to left side, Recover onto right (3.00) 右轉180度左足左下沉, 右足回復(面向3點鐘)
- 第五段**      **Stomp, Hold, Heel Taps, Together, Touch, Hip Bump Right, Hip Bump Left With Hitch** 重踏, 候, 踵點, 併點, 右推臀, 左推臀帶抬
- 1,2      Stomp left beside right, HOLD 左足併重踏, 候

- 3&4 Tap right heel forward, Step right next to left, Tap left heel forward 右足踵前點, 右足併踏, 左足踵前點  
 &5,6 Step left next to right, Touch right next to left, HOLD  
 左足併踏, 右足併點, 候  
 7,8 Step right to right side bumping hips right, Bump hips left hitching right knee 右足右踏右推臀, 左推臀右足抬

**第六段 Right Side Chasse, Rock Back, Recover, Left Side Chasse, Rock Back, Recover 右追步, 後下沉, 回復, 左追步, 後下沉, 回復**

- 1&2 Step right to right side, step left beside right, Step right to right side 右足右踏, 左足併踏, 右足右踏  
 3,4 Rock back onto left, recover onto right  
 左足後下沉, 右足回復  
 5&6 Step left to left side, Step right beside left, Step left to left side 左足左踏, 右足併踏, 左足左踏  
 7,8 Rock back on right, Recover onto left  
 右足後下沉, 左足回復

**第七段 HALF MONTEREY TURNS RIGHT X4 右蒙特瑞轉二次**

- 1,2 Point right to right side, 1/2 turn right stepping right beside left (9.00) 右足右踏, 右轉180度右足併踏(面向9點鐘)  
 3,4 Point left to left side, Step left beside right  
 左足左點, 左足併踏  
 5,6 Point right to right side, 1/2 turn right stepping right beside left (3.00) 右足右點, 右轉180度右足併踏(面向3點鐘)  
 7,8 Point left to left side, Step left beside right  
 左足左點, 左足併踏

**OPTIONAL ARMS:** Only during the chorus - Arms may be raised each time you point a leg to the side and lowered as you turn.

手部動作: 足點時手臂向上伸, 轉身時手臂放下

**第八段 Right Rocking Chair, Right Toe-Strut, Left Toe-Strut 右足搖椅步, 右趾踵步, 左趾踵步**

- 1,2 Rock forward onto right, Recover onto left  
 右足前下沉, 左足回復  
 3,4 Rock back onto right, Recover onto left  
 右足後下沉, 左足回復  
 5,6 Step right toe forward, Step onto right heel in place  
 右足趾前點, 右足踵踏  
 7,8 Step left toe forward, Step left heel in place (3.00)  
 左足趾前點, 左足踵踏(面向3點鐘)

**TAGS:** 4 count Tags OCCUR at the ENDS of walls 1 and 3, with and 8 count tag at the END of wall 5. 第三面牆結束時加4拍, 第五面牆結束時加8拍

The 8 count tag is the 4 count tag executed TWICE.

8拍加拍為4拍加拍跳二次

**Right Jazz Box 右爵士方塊**

- 1,2 Cross right over left, Step back on left  
 右足於左足前交叉踏, 左足後踏  
 3,4 Step right to right side, Step left next to right  
 右足右踏, 左足併踏
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