

Without You I'm Alone (沒有你陪伴真的好孤單) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Nina Chen (TW) - 2017年12月
音樂: Without You I'm Alone (沒有你陪伴真的好孤單) - MIYA (夢然)



Intro: 32 counts

Part A : (32 counts)

A1: BACK - SWEEP, BACK - SWEEP, BACK - TOGETHER, SWAY

1-4 Step RF back - Sweep LF from front to back - Step LF back - Sweep RF from front to back
5-8 Step RF back - Step LF beside RF - Step RF to R while sway hips R - Sway hips L
1-4 右足後踏 - 左足由前往後繞 - 左足後踏 - 右足由前往後繞
5-8 右足後踏 - 左足併踏右足旁 - 右足右踏同時搖右臀 - 搖左臀

A2: FWD LOCK STEP - 1/4 R HITCH, FWD LOCK STEP - HITCH

1-4 Step RF fwd - Step LF behind RF - Step RF fwd - 1/4 R (3:00) hitch LF
5-8 Step LF fwd - Step RF behind RF - Step LF fwd - Hitch RF
1-4 右足前踏 - 左足鎖於右足後 - 右足前踏 - 右轉1/4 (3:00) 左足稍微抬起
5-8 左足前踏 - 右足鎖於右足後 - 左足前踏 - 右足稍微抬起

A3: WEAVE - SWEEP, BEHIND - SIDE - CROSS - SWEEP

1-4 Cross RF over LF - Step LF to L - Cross RF behind LF - Sweep LF from front to back
5-8 Cross LF behind RF - Step RF to R - Cross LF over RF - Sweep RF from back to front
1-4 右足前跨 - 左足左踏 - 右足後跨 - 左足由前往後繞
5-8 左足後跨 - 右足右踏 - 左足前跨 - 右足由後往前繞

A4: CROSS - HITCH - CROSS - HOLD, 1/4 R FWD - 1/2 R SIDE - 1/2 R SIDE - TOGETHER

1-4 Cross RF over LF - Hitch LF - Cross LF over RF - Hold
5-8 1/4 R (6:00) step RF fwd - 1/2 R (12:00) step LF to L - 1/2 R (6:00) step RF to R - Step LF beside RF
1-4 右足前跨 - 左足抬起 - 左足前跨 - 停拍
5-8 右轉1/4 (6:00) 右足前踏 - 右轉1/2 (12:00) 左足左踏 - 右轉1/2 (6:00) 右足右踏 - 左足併踏右足旁

Part B : (32 counts)

B1: NIGHT CLUB BASIC - 1/4 R NIGHT CLUB BASIC

1-2&, 3-4& Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF
5-6&, 7-8& 1/4 turn L (9:00) Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF
1-2&, 3-4& 右足右踏 - 左足後跨下沉 - 重心回右足, 左足左踏 - 右足後跨下沉 - 重心回左足
5-6&, 7-8& 左轉1/4 (9:00) 右足右踏 - 左足後跨下沉 - 重心回右足, 左足左踏 - 右足後跨下沉 - 重心回左足

B2: (R&L) SIDE - RECOVER - CROSS, MAMBO 1/2 R, MAMBO 1/2 L

1&2, 3&4 Step RF to R - Recover on LF - Cross RF over LF, Step LF to L - Recover on RF - Cross LF over RF
5&6, 7&8 Rock RF fwd - Recover on LF - 1/2 turn R (12:00) step RF fwd, Rock LF fwd - Recover on RF - 1/2 turn L (6:00) step LF fwd
1&2, 3&4 右足右踏 - 重心回左足 - 右足前跨, 左足左踏 - 重心回右足 - 左足前跨
5&6, 7&8 右足前下沉 - 重心回左足 - 右轉1/2 (12:00) 右足前踏, 左足前下沉 - 重心回右足 - 左轉1/2 (12:00) 左足前踏

B3: HALF DIAMOND, (R&L) CORSS MAMBO

- 1&2, 3&4 Cross RF over LF - Make 1/8 turn R (7:30) stepping LF back - Make 1/8 turn R (9:00) stepping RF back, Make 1/8 turn R (10:30) stepping LF back - Make 1/8 turn R (12:00) stepping RF to R - Step LF slightly fwd
- 5&6, 7&8 Cross RF over LF - Recover on LF - Step RF to R, Cross LF over RF - Recover on RF - Step LF to L
- 1&2, 3&4 右足前跨 - 右轉 1/8 (7:30) 左足後踏 - 右轉 1/8 (9:00) 右足後踏, 右轉 1/8 (10:30) 左足後踏 - 右轉 1/8 (12:00) 右足右踏 - 左足略前踏
- 5&6, 7&8 右足前跨 - 重心回左足 - 右足右踏, 左足前跨 - 重心回右足 - 左足左踏

B4: (R&L) SIDE MAMBO, FWD MAMBO, BACK MAMBO

- 1&2, 3&4 Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF
- 5&6, 7&8 Rock RF to fwd - Recover on LF - Step RF beside LF, Rock LF back - Recover on RF - Step LF beside RF
- 1&2, 3&4 右足右下沉 - 重心回左足 - 右足併踏左足旁, 左足左下沉 - 重心回右足 - 左足併踏右足旁
- 5&6, 7&8 右足前下沉 - 重心回左足 - 右足併踏左足旁, 左足後下沉 - 重心回右足 - 左足併踏右足旁

Tag: (4 counts) After wall , wall (12:00)

SWAY

- 1-4 Step RF to R while sway hips (R L R L)
- 1-4 右足右踏同時搖臀 (右 左 右 左)

Ending: (16 counts)

Sec E1: (R&L) SIDE MAMBO, FWD ROCK - RECOVER - BACK - SWEEP

- 1&2, 3&4 Rock RF to R - Recover on LF - Step RF beside LF, Rock LF to L - Recover on RF - Step LF beside RF
- 5-8 Rock RF fwd - Recover on LF - Step RF back - Sweep LF from front to back
- 1&2, 3&4 右足右下沉 - 重心回左足 - 右足併踏左足旁, 左足左下沉 - 重心回右足 - 左足併踏右足旁
- 5-8 右足前下沉 - 重心回左足 - 右足後踏 - 左足由前往後繞

Sec E2: BACK - SWEEP - BACK - TOGETHER, SWAY

- 1-4 Step LF back - Sweep RF from front to back - Step RF back - Step LF beside RF
- 5-8 Step RF to R while sway hips (R L R L)
- 1-4 左足後踏 - 右足由前往後繞 - 右足後踏 - 左足併踏右足旁
- 5-8 右足右踏同時搖臀 (右 左 右 左)

Have Fun & Happy Dancing !!!

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