

# 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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