

Not Without Us

拍數: 32 牆數: 2 級數: Beginner line/contra dance
編舞者: Cato Larsen (NOR) & Barry Amato (USA)
音樂: Not Without Us - D.J. Otzi



STOMP, KICK, BACK, TOGETHER, REPEAT

1-2 Stomp right foot forward, kick left foot forward
3-4 Step back on right, step left next to right
5-6 Stomp left foot forward, kick right foot forward
7-8 Step back on left, step right next to left

JUMP FORWARD, CLAP, JUMP BACK, CLAP, RIGHT GRAPEVINE

&1-2 Jump forward on right, step left next to right, clap
&3-4 Jump back on right, step left next to right, clap
5-6 Step right to right side, step left behind right
7-8 Step right to right side, touch left next to right

JUMP FORWARD, CLAP, JUMP FORWARD, CLAP, ROCK STEP, POINT, HOLD

&1-2 Jump forward on right, step left next to right, clap
&3-4 Jump forward on right, step left next to right, clap
5-6 Step forward on left, rock (recover) back onto right
7-8 Point left toe back, hold

½ TURN, HOLD, SIDE ROCK, KICK, STEP, KICK, STEP

1-2 Pivot ½ turn left, hold
3-4 Step right to right side, rock (recover) back onto left
5-6 Kick right foot forward, step right next to left
7-8 Kick left foot forward, step left next to right

REPEAT

When danced as a contra, you should be facing in between your partner and when jumping forward on count 9, you should clap on your left partner with left hand, and right partner with your right hand