

# So Empty!

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: M.T. Groove (UK)  
音樂: Without Me - Eminem



Start dance after long intro. You'll hear a match strike, then start dancing on the rapping  
We dedicate this dance to our Sunday Class. You are all great friends and we appreciate your never ending support

## SHOULDERS, STEP STEP, WALK LEFT, RIGHT, SHUFFLE ½ TURN LEFT

1-2-3      Isolate shoulders right, left, right, (up down up)  
&4-5-6      Step left in place, step right forward, walk forward left, right  
7&8      Left shuffle ½ turn left in a semi circle shape

## ¼ TURN LEFT, HOLD, ¼ TURN RIGHT, COASTER STEP, JUMP, HEEL, DIP

1-2      Make a ¼ turn left step right to right side- lean/drop into this so right leg bent and left toe raises off floor (put right hand on right knee), hold for count 2  
3      Push off right making a ¼ turn right stepping right next to left (weight now on right facing 6:00)  
4&5      Left coaster step  
6-7-8      Jump onto right, touch left heel forward, dip (bend knees slightly)

## ¼ TURN RIGHT BACK RIGHT, LEFT, RIGHT, LEFT, ¼ TURN RIGHT STEP SIDE, CROSS, OUT OUT, SIDE ROCK/LEAN

1      Push off left heel stepping back on right as you ¼ turn right, (count 1)  
2-3      Walk back left, right  
4&5      Step back on left, make ¼ turn right step right to right side, cross left over right  
6-7      Step out out right, left (make sure feet not too far apart)  
8      Side lunge step right out to right side, (raise left toe off floor as you lunge), (facing 12:00)

**Arms: (optional) on count 8 throw right arm down to right hip and left arm up to right shoulder with first two fingers on each hand pointing**

## RECOVER, WALK LEFT, RIGHT, ROCK ¼ TURN LEFT SIDE HITCH, CROSS BACK BACK, STEP ¼ TURN LEFT, FIGURE 4

1      Recover onto left step right next to left (weight on right)  
2-3      Walk left, right  
4&5      Rock forward on left, recover right, make a ¼ turn left step onto left as you hitch your right to right side  
6&7      Cross right over left, step back left, right  
&8      Make a ¼ turn left step forward left, hitch right foot behind left calf (figure 4)

**Lean upper body to left as you hitch**

## WALK RIGHT, LEFT, FULL TURN LEFT, WALK RIGHT, LEFT, RIGHT TOGETHER

1-2-3-4      Walk right, left, make a full turn left stepping right, left (keep full turn tight and bend down a little as you do counts 3-4)  
5-6-7-8      Walk right, left, make a large step forward on right (over the wall style) step left next to right

## TOUCH TOGETHER TWICE, TAP TWICE, BUMP BUMP

1-2-3-4      Touch right heel across left, step right next to left, repeat leading left  
5-6      Tap left foot next to right twice angled to left diagonal  
7-8      Still angled to left diagonal bump hips to left twice

## ROCK RECOVER, ROCK SLIDE, CROSS SIDE, CROSS SIDE ¼ TURN LEFT

- 1-2 Square up to 6:00 as you - rock right to right side, recover left  
3-4 Rock right to right side, slide left to right taking weight on left and pop right knee forward (angling to right diagonal)  
5-6 Cross right over left, step left to left side as you square up to 6:00  
7-8 Cross right over left, make a ¼ turn left stepping forward left (3:00)

**ROCK RECOVER, WALK BACK, RIGHT COASTER ¼ TURN CROSS, TRIPLE FULL TURN**

- 1-2 Rock forward right, recover left  
3-4 Walk back on right (pop left knee forward), walk back on left (pop right knee)  
5&6 Step back on right, close left next to right, ¼ turn right as you cross right over left  
7&8 Make a full turn left stepping left, right, left

**REPEAT**

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