

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
