

Me Without You

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Esther Tyrer (NZ) - October 2008
音樂: Without You - Vince Gill : (CD: Next Big Thing)



(1 – 8) Step Back, ½ Pivot, Rock Fwd, Recover, Step Back, ½ Pivot, Rock Back, Recover

1 – 4 Step ball of (R) back, ½ pivot right, rock fwd (L), recover on (R)
5 – 8 Step ball of (L) back, ½ pivot left, rock back (R), recover on (L)

(9 – 16) Fwd, ¼ Pivot, Fwd, Hold, Rock Fwd, Recover, Sweep ½ Turn

1 – 4 Step fwd on (R), ¼ pivot left, step fwd (R), hold
5 – 8 Rock fwd (L), recover (R), sweep (L) ½ turn left ,weight on left (*)

(17 – 24) Rock Fwd & Back, &, Step, Recover, Back, Drag

1 – 4, & Rock fwd (R), recover (L), rock back (R), recover (L), step (R) beside left (&)
5 – 8 Rock fwd (L), recover (R), big step back (L), drag (R) back to left foot

(& 25 – 32) Ball – Cross, Side Rock, Recover, Jazz ¼ Right Turn, Shuffle Fwd

&, 1 – 3 Place ball of (R) foot beside the left (&), cross (L) over right, rock (R) to right side, recover (L)
4 – 6 Cross (R) over left, step back (L), step (R) fwd into ¼ right turn
7 & 8 Step (L) fwd, place (R) beside left (&), step (L) fwd

(33 – 40) Fwd, Point, Back, Point, Behind, Unwind, Heel, Hook

1 – 4 Step (R) fwd, point (L) to left side, step (L) back, point (R) to right side
5 – 8 Cross (R) behind left foot, unwind ½ right, (L) heel 45* , hook (L) across right

(41 – 48) Side, Sailor, Weave Right, Hip Bumps

1, 2 & 3 Step (L) to left side, cross (R) behind left, step (L) to left side (&), step (R) to right side
4 – 6 Cross (L) behind right, step (R) to right side, step (L) across right
7 & 8 Step (R) to right side pushing hips (R, L, R)

(49 – 56) Hip Bumps, Pivots, Fwd, Back

1 & 2 Step (L) to left side pushing hips (L, R, L)
3 – 6 Step (R) fwd, pivot 1/8 left (repeat for counts 5, 6)
7 – 8 Rock fwd (R), step (L) back

(57 – 64) R & L Toe Struts Back, &, Walk, Walk, Step, Pivot

1 – 4 Step (R) toe back, drop (R) heel, step (L) toe back, drop (L) heel
&, 5, 6 Place (R) beside left (&), walk fwd (L,R)
7, 8 Step (L) fwd, pivot ½ right (keeping weight on left foot)

Restart: AFTER wall 2, dance FIRST 16 counts, (*) then restart dance

Dance ends on count 16