

# Get Along Without You

拍數: 48                      牆數: 4                      級數: Improver  
編舞者: Sebastiaan Holtland (NL) & Tweety - February 2010  
音樂: Get Along Without You Now - UB40 : (New Single 2010)



## Intro 16 count (10 sec)

### Sec 1: Fwd Coaster Step R, Lockstep Back, Kick & Touch, Down Up, Down

- 1&2                      Step forward on Rf, close Lf next to Rf, and step back on Rf weight onto Rf (12:00)
- 3&4                      Step back on Lf, lock Rf forward Lf, and step back on Lf weight onto Lf
- 5&6                      Kick forward on Rf, step Rf back in place, and touch on Lf and keeping weight onto Rf
- 7&8                      dip body down, coming up, dip body down and keeping weight onto Rf (12:00)

### Sec 2: Cross Samba ( Left ), 1/4 Pivot Turn L, Sailor Kick with 1/4 Turn R, 1/4 Turn R, Side, Together

- 1&2                      Cross step Lf over Rf, step Rf to the right side and slightly backwards, step Lf to the left side and slightly backwards
- 3-4                      Step forward on Rf, make a 1/4 turn left (9) and take weight onto both feet
- 5&6                      Step Rf behind Lf, make a 1/4 turn right (12) and step Lf to the left side (slightly diagonal), and kick fwd on Rf
- 7-8                      Make a 1/4 turn right (3) and step Rf to the right side, and step Lf next to Rf weight onto both feet

### Sec 3: Fwd Rock pushing Hips Back, Recover, Side Mambo, Together, Chasse L With 1/4 Turn L, Fwd Mambo / Recover, 1/4 Turn R, Side

- 1-2                      Rock forward on Rf, recover Lf and pushing hips back & rolling back on to L heel
- 3&4                      Mambo Rf out to the right side, recover on Lf, and step Rf next to Lf take weight onto Rf
- 5&6                      Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (12) and step forward on Lf weight onto Lf
- 7&8                      Mambo forward on Rf, recover on Lf, make a 1/4 turn right (3) and step Rf to the right side weight onto Rf

### Sec 4: Cross, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Lock Step Back, 1/4 Turn R, Side Mambo, Touch

- 1&2                      Cross Lf over Rf, step Rf to the right side, and step Lf behind Rf
- 3&4                      Mambo Rf to the left side, recover on Lf, make a 1/4 turn right (6) and step back on Rf weight onto Rf
- 5&6                      Step back on Lf, lock Rf forward Lf, and step back on Lf weight onto Lf
- 7&8                      Make a 1/4 turn right (9) and mambo Rf to the right side, recover on Lf, and touch Rf next to Lf weight onto Lf

### Sec 5: Kick Ball Side 1/4 Turn R, Sailor Kick, Cross, Quarter Turn, Side, Behind, Side, Cross

- 1&2                      Kick forward on Rf, step Rf back in place, make a 1/4 turn right (12) and step Lf to the left side weight onto Lf
- 3&4                      Step Rf behind Lf, Step Lf to the left side, and kick Rf forward on diagonal weight onto Lf
- 5&6                      Step Rf back in place, cross Lf over Rf, make a 1/4 turn left (9) and step Rf to the right side weight onto Rf
- 7&8                      Step Lf behind Rf, step Rf to the right side, and cross Lf over Rf weight onto Lf (9:00)

### Sec 6: 1/2 Rumba box Fwd , Chasse L With 1/4 Turn L, 1/2 Rumba box Fwd , Chasse L With 1/4 Turn L

- 1&2                      Step Rf to right side, close Lf beside Rf, and step forward on Rf weight onto Rf
- 3&4                      Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (6) and step forward on Lf weight onto Lf
- 5&6                      Step Rf to right side, close Lf beside Rf, and step forward on Rf weight onto Rf

7&8

Step Lf to the left side, close Rf next to Lf, make a 1/4 turn left (3) and step forward on Lf weight onto Lf

**Start Again And Have Fun!**

**smoothdancer79@hotmail.com**

---