

# Me Without You

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Shaz Walton (UK) - January 2012  
音樂: Me Without You - Loick Essien



Count in – 8 counts in – on the word 'jeans'

**Back. Back. ½ . sweep. Step back. Rock back. Recover**

1-2            Step back right. Step back left.  
3              Make ½ right stepping forward right  
4-5-6        Make a slow ½ turn right, sweeping left over 2 counts. Step back left.  
7-8            Rock back on right. Recover on left.

**Rock. Recover. Cross step forward. Rock. Recover. Diagonal cross shuffle. Cross Point.**

1-2-3        Rock right to right side. Recover on left. Cross step right over left (travel forward)  
4-5            Rock left to left side. Recover on right.  
6&7          Travelling to right diagonal: - cross left over right. Step right slightly forward. Cross step left over right. (1 O Clock)  
8              Make ¼ turn left pointing right over left. (11 O Clock) \*\*restart 2 – see below \*\*

**Sweep. Sailor step. Slide. Side step. slide. Side step.**

1-2            Straitening up to home wall sweep right from front to back.  
&3-4         Cross step right behind. Step left to left. Step right to right. (Feet apart)  
5-6            Slide left up to right. Slide left to left side (weight left)  
7-8            Slide right up to left. Slide right to right side (Weight right)  
(counts 5-8 circle knees in-out as you slide – make it smooth) \*\*restart 1 & 3 – see below\*\*

**Sailor ¼. Sailor ½. Rock. recover. Step. walk x2**

1&2            Sailor ¼ turn left.  
3&4            Sailor ½ right.  
5-6            Rock forward left. Recover right.  
&7-8          step left beside right. Walk forward right- left.

**Side. Cross rock. Recover. Chasse ¼ left. Step ½ pivot.**

1-2-3        Step right to right side. Cross rock left over right. Recover on right.  
4&5            Chasse ¼ turn left.  
6-7-8        Step forward right. Pivot ½ turn left over 2 counts (weight forward on left)

**Side. Cross Rock. Recover. Chasse ¼ left. Step. ¼ pivot. Cross step. Point.**

1-2-3        Step right to right side. Cross rock left over right. Recover on right.  
4&5            Chasse ¼ turn left.  
6-7            Step forward right. Pivot ¼ turn left.  
8-1            Cross step right over left. Point left foot to left side (right knee bent)

**HOLD. Step. side rock. Recover. Cross step. sweep. Cross step. sweep**

2&3-4        HOLD. Step left beside right. Rock right to right side. Recover on left.  
5-6            Cross step right over left. Sweep left from back to front.  
7-8            Cross step left over right. Sweep right from back to front. (Counts 5-8 All travelling forward)

**Rock. Recover. ½. Spiral. Walk x2. Rock. Recover.**

1-2            Rock forward right. Recover on left.  
3-4            Make ½ right stepping right forward right. Step forward left as you spiral a full turn right (right leg in figure 4)

5-6 Walk forward right. Walk forward left.  
7-8 Rock forward right. Recover left.

**Restart 1&3 – Walls 2&6 – Dance to count 20 and do the following**

**Section 3**

5-6 Slide left up to right. Slide left to left side (weight left)  
7-8 Slide right up to left. HOLD

**Restart 2 – Wall 4 - Dance to count 15 and do the following**

**Section 2**

**Count 8 – Straighten up to Home wall point right forward.**

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