

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.

Contact: Shaz5678@sky.com 07762 410 190
