

Without You

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2012
音樂: How Am I Supposed to Live Without You - Michael Bolton
或: How Am I Supposed to Live Without You - Laura Branigan



Choreographed at 70 bpm

16 count intro.

Section 1: Step, 3/4 Ball Cross, 1/2 Hinge, Cross Rock, Ball Cross, 1/2 Hinge

1 – 2 Step right forward (extended 5th). Turning 1/2 right step left back. (6:00)
& 3 Turning 1/4 right step right to right side. Cross left over right. (9:00)

Option 1-2&3: Step forward Right, Left. Turn 1/4 left stepping right to side.

4 & Turning 1/4 left step right back. Turning 1/4 left step left to side. (3:00)
5 – 6 Cross rock right over left. Recover onto left.
& 7 – 8 Step right to side. Cross left over right. Turning 1/4 left step right back.
& Turning 1/4 left step left to left side. (9:00)

Section 2: Cross Rock, Ball Cross, 1/4 Coaster, Full Turn, Forward Rock, Run Back x 2

1 – 2 & 3 Cross rock right over left. Recover onto left. Step right to side. Cross left over right.
4 & 5 Turning 1/4 left step right back. Step left beside right. Step right forward. (6:00)
6 & Turning 1/2 right step left back. Turning 1/2 right step right forward.

Option Counts 6&: Run forward Left, Right.

7 & 8 & Rock forward on left. Recover onto right. Step back left. Step back right.

Section 3: Back-Drag, Coaster Step, Mambo, Sweep, Back, Sweep, Behind, Diagonal Run

1 Step left long step back and drag right towards left (weight on left).
2 & 3 Step right back. Step left beside right. Step right forward.
4 & 5 & Rock left forward. Rock back on right. Step left back. Sweep right from front to back.
6 & Step right back. Sweep left from front to back.
7 & Cross left behind right. Step right to side turning towards right diagonal. (7:00)
8 & (Travelling towards right diagonal) Step forward left. Step forward right.

Section 4: Rock, 3/8, Full Spiral, Triple Step, Sweep, Cross, Back, Back, Cross, Back, 1/4

1 – 2 Rock forward on left. Recover onto right.
& Turning 3/8 left (to square to wall) step left forward (extended 5th). (3:00)
3 Stepping right forward spiral turn full turn left, hooking left over right. (3:00)

Option Count 3: Step right forward.

4 & 5 & Step left forward. Step right beside left. Step left forward. Sweep right to front.
6 & 7 & Cross right over left. Step left back. Step right back. Cross left over right.

Note When crossing left over right, angle body to right diagonal.

8 & Step right back. Turning 1/4 left step left to left side. (12:00)

Section 5: Cross Rock, Side, Forward Rock, 1/2, Step, Pivot 1/2, 1/2, Back, Coaster Cross

1 – 2 & Cross rock right over left. Recover onto left. Step right to right side.
3 – 4 & Rock forward on left. Recover onto right. Turning 1/2 left step left forward. (6:00)

Restart 2 - Wall 4: Restart dance from the beginning, facing 12:00.

5 – 6 & 7 Step right forward. Pivot 1/2 left. Turning 1/2 left step right back. Step left back.

Option 5-6&7: Rock right forward, Recover onto left, Step right back, Step left back.

8 & 1 Step right back. Step left beside right. Cross right over left.

Section 6: Side Rock, Step, Full Turn, Syncopated Forward Rock x 2

2 & 3 Rock left to left side. Recover onto right. Step left forward (extended 5th).

4 & Turning 1/2 left step right back. Turning 1/2 left step left forward.

Option Counts 4&: Step forward Right, Left. (6:00)

Restart 1 - Wall 2: Restart dance from the beginning (facing 12:00).

5 – 6 & Rock forward on right. Recover onto left. Step right beside left.

7 – 8 & Rock forward on left. Recover onto right. Step left beside right.

Restarts: Two Restarts, one during Wall 2 and one during Wall 4.

Ending Michael Bolton version of the song only

For a big dramatic finish, dance through to last counts, then:

Cross right over left and unwind full turn left to face front, throwing arms in the air!
