



A Life Without You

48 Count, 4 Wall, Intermediate

Choreographer: Kaye Thompson (UK) Oct 2019

Choreographed to: Without You by John Newman and
Nina Nesbitt

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- S1** **Cross, Side, Sailor $\frac{1}{4}$ R, Pivot $\frac{1}{2}$ R, Shuffle $\frac{1}{2}$ R**
123&4 Cross R in front of L, step L to side, R behind L, L to side, $\frac{1}{4}$ turn R stepping R forward (3.00)
567&8 Step forward L, pivot $\frac{1}{2}$ R (9.00), shuffle $\frac{1}{2}$ turn R stepping LRL (3.00)
- S2** **Back, Touch, L Lock Step, Forward Rock, Coaster Step**
123&4 Step back R, touch L across R, step forward on L, lock R behind L, step forward L
567&8 Forward rock R, recover on L, step back on R, step L beside R, step forward on R (alternative-
full turn R stepping RLR)
- S3** **Pivot $\frac{1}{4}$ R, Cross Shuffle, $\frac{1}{4}$ L, $\frac{1}{2}$ L, Pivot $\frac{1}{4}$ L, Cross**
123&4 Step forward L, pivot $\frac{1}{4}$ R, L cross over R, side R, cross L over R (6.00)
567&8 $\frac{1}{4}$ turn L stepping back on R (3.00), $\frac{1}{2}$ turn L stepping forward on L (9.00), step forward R,
pivot $\frac{1}{4}$ L, cross R over L. (6.00)
- S4** **$\frac{1}{4}$ R, $\frac{1}{4}$ R, L Samba Step, Syncopated Weave L**
123&4 $\frac{1}{4}$ turn R stepping back on L (9.00), $\frac{1}{4}$ turn R stepping R to side (12.00), cross L over R, rock R
to side, recover on L
567&8 Cross R over L, step L to side, step R behind L, step L to side, cross R over L
****Restart here on Wall 3 changing counts 7&8 to 7,8 (step R behind L, step L to side) ****
- S5** **$\frac{1}{4}$ L, Touch, and Kick Ball Step, Forward Rock, Triple $\frac{3}{4}$ L**
12&3&4 $\frac{1}{4}$ turn L stepping forward on L (9.00), touch R behind L, transfer weight onto R, kick L
forward, transfer weight onto L, step forward R
567&8 Rock forward on L, recover on R, $\frac{3}{4}$ turn L stepping LRL (12.00)
- S6** **Forward Rock, $\frac{1}{4}$ R Chasse, Cross, Side, Sailor Step**
123&4 Rock forward on R, recover onto L, $\frac{1}{4}$ turn R stepping R to side, L beside R, R to side (3.00)
567&8 Cross L over R, step R to side, step L behind R, step R to side, step L to side.

Finish: Wall 8 - dance up to count 28 then cross R over left, unwind $\frac{1}{2}$ turn to end facing front.



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