

By Myself

64 count, 2 walls, intermediate level
Choreographer: Chris Hodgson (UK) Feb 2005
Choreographed to: If I Can't (Have You) by Rupee,
CD 1 ON 1) (112 bpm)

Intro 32 counts Start on the word "Can't"

1-8 SIDE-ROCK-CROSS / LOCK STEP BACK / MAMBO STEP / STEP-1/2 TURN-1/2 TURN

1&2 Step Right to Right side, Rock weight onto Left, Cross step Right over Left
3&4 Step back on Left, Cross Right over Left, Step back on Left
5&6 Step back on Right, Rock weight forward onto Left, Step forward on Right
7&8 Step forward on Left, Pivot 1/2 turn Right, 1/2 turn Right stepping back on Left (or coaster step)

9-16 SLIDE BACK X2 / COASTER STEP / 1/4 TURN-SWEEP / CROSS-BACK-CROSS

1-2 Slide Right back, Slide Left back
3&4 Step back on Right, Step Left next to Right, Step forward on Right
5-6 Step forward on Left, 1/4 turn Left sweeping Right around to front (keeping right off floor)
7&8 Cross step Right over Left, Step back on Left, Cross step Right over Left (9 o'clock wall)

17-24 BUMP x 2 / & CROSS-SIDE / BEHIND & SIDE / BUMP x 2

1-2 Step Left to Left side bumping hips Left, Bump hips Left
&3-4 Step Right slightly back, Cross step Left over Right, Step Right to Right side
5&6 Step Left behind Right, Rock weight forward onto Right, Step Left to Left side
7-8 Step Right to Right side bumping hips Right, Bump hips Right

25-32 & CROSS-1/4 TURN / 1/2 TURN TRIPLE / ROCK STEP 1/4 TURN / CROSS-POINT

&1-2 Step Left slightly back, Cross step Right over Left, Step back on Left making 1/4 turn Right
3&4 Triple 1/2 turn Right stepping on Right-Left-Right
5&6 Step forward on Left, Rock weight back onto Right, 1/4 turn Left stepping Left to Left side
7-8 Cross step Right over Left, Point Left toe to Left side (3 o'clock wall)

33-40 CROSS-1/4 TURN / LOCK STEP FWD / STEP-1/2 TURN / SIDE ROCK & TOUCH

1-2 Cross step Left over Right, Step back on Right making 1/4 turn Left
3&4 Step forward on Left, Lock Right behind Left, Step forward on Left
5-6 Step forward on Right, Pivot 1/2 turn Left
7&8 Step Right to Right side, Rock weight onto Left, Touch Right toe next to Left (6 o'clock wall)

41-48 LOCK STEP FWD / MAMBO STEP / LOCK STEP BACK / MAMBO STEP

1&2 Step forward on Right, Lock Left behind Right, Step forward on Right
3&4 Step forward on Left, Rock weight back onto Right, Step back on Left
5&6 Step back on Right, Lock Left over in front of Right, Step back on Right
7&8 Step back on Left, Rock weight forward onto Right, Step forward on Left

49-56 STEP-1/4 TURN / POINTS / CROSS SHUFFLE / SIDE-ROCK-CROSS

1-2 Step forward on Right, Pivot 1/4 turn Left
3-4 Point Right toe over and across Left, Point Right toe to Right side (or flick to side)
5&6 Cross Step Right over Left, Small step Left to Left side, Cross step Right over Left
7&8 Step Left to Left side, Rock weight onto Right, Cross step Left over Right (3 o'clock wall)

57-64 SIDE-SLIDE / & CROSS-SIDE / 1/4 TURNING COASTER STEP / LOCK STEP FWD

1-2 Step Right to Right side, Slide Left to touch next to Right
&3-4 Step Left slightly back, Cross step Right over Left, Step Left to Left side
5&6 1/4 turn Right stepping back on Right, Step Left next to Right, Step forward on Right
7&8 Step forward on Left, Lock Right behind Left, Step forward on Left
