

Dancing Without You

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Maggie Gallagher (UK) - July 2026

Music: Dancing Without You - Disco Bambino, Nile Rodgers & Sophie Ellis-Bextor



Intro: 32 counts, start on vocals (approx. 17 secs)

S1: SIDE, CROSS ROCK, RECOVER, CHASSE L, CROSS ROCK, RECOVER, SIDE

- 1-2-3 Step right to right side, Cross rock left over right, Recover back on right
- 4&5 Step left to left side, Step right next to left, Step left to left side
- 6-7 Cross rock right over left, Recover back on left
- 8 Step right to right side

S2: CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, CHASSE ¼ L

- 1-2 Cross left over right, Step right to right side
- 3-4 Cross left behind right, Step right to right side
- 5-6 Cross rock left over right, Recover back on right
- 7&8 Step left to left side, Step right next to left, ¼ left stepping forward on left [9:00]

S3: R BUMP & BUMP, L BUMP & BUMP, R ROCKING CHAIR

- 1&2 Touch right toe forward bumping hips forward, Bump hips back, Bump hips forward (weight ends on right)
- 3&4 Touch left toe forward bumping hips forward, Bump hips back, Bump hips forward (weight ends on left)

Optional styling - Disco arm rolls on counts 1-4:

Raise both arms to head height, bending elbows & laying forearms together. Roll forearms around each other.

- 5-6 Rock forward on right, Recover back on left
- 7-8 Rock back on right, Recover forward on left

S4: ½ WALK, ½ WALK, ¼ R SHUFFLE, ½ WALK, ½ WALK, ¼ L SHUFFLE

- 1-2 ½ right stepping forward on right, ½ right stepping forward on left [12:00]
- 3&4 ¼ right stepping forward on right, Step left next to right, Step forward on right [3:00]
- 5-6 ½ right stepping forward on left, ½ right stepping forward on right [6:00]
- 7&8 ¼ right stepping forward on left, Step right next to left, Step forward on left [9:00]

(S4 is a full turn around to the right in a circle)

ENDING: At the end of Wall 12, take long step on right to right side to finish facing [12:00].

Thank you to Tracey Keqa for suggesting this music

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