

Living Without You

Release Date: July 1, 2023

Update: Nov 01, 2023 (correct Part D)

Choreographers: Tami Helms & Tim Keck

E-mail: Tami@helmscallr.com

Music: "Without You"

Footwork: W's opposite unless noted in parenthesis

Rhythm: Slow Two Step

Phase: IV + 1 (Triple Traveller)

Sequence: Intro-A-B-C-B-Cmod-D-End

Album: Nilsson Schmilsson (1971)

Artist: Harry Nilsson

Source: Mp3 download from iTunes

Speed: Slowed to 43 rpm

Time: 3:21

Degree of Difficulty: AVG

INTRO

1-4 Cuddle Pos 2 meas wt ; ; Op Bas ; ;

1-2 Cuddle pos M fcg wall lead ft free Wait 2 meas;;

3-4 {Open basics} sd L, -, XRib, rec L to ½ LOP RLOD;
sd R, -, XLib, rec R to ½ OP LOD;

PART A

1-16 Swchs ; ; Undrm Trn ; Rev Undrm Trn ;

Circ Awy & Tog to BL BJO ; ; Whl 6 ; ; Sd Bas ; ; Swchs ; ;

Lun Bas 2x ; ; Op Bas ; ;

1-2 {Switches} fwd XLif of W, -, fwd sd R, fwd L; fwd R, -, fwd L, fwd R LCP Wall;
(fwd R,-, fwd L, fwd R; fwd XLif of M, -, fwd sd R, fwd L;)

3 {Underarm Turn} Sd L, -, XRib, rec L;
(Sd R, -, XLif trng 1/2 R, rec R trng 1/2 RF;)

4 {Reverse Underarm Turn} Sd R, -, XLif ldg W to trn LF, rec R trng to fc BFLY Wall;
(sd L, -, XRif trng LF, rec L to fc);

5-6 {Circle away & Together} Circling CCW Fwd L, -, fwd R, fwd L;
Cont circling fwd R, -, fwd L, fwd R to BL BJO Wall;

7-8 {Wheel 6} wheel CW fwd L, -, fwd R, fwd L ; fwd R, -, fwd L, fwd R to LCP Wall;

9-10 {Side Basics} Sd L, -, XRib, rec L; Sd R, -, XLib, rec R to ½ OP LOD;

11-12 {Switches} fwd XLif of W, -, fwd sd R, fwd L; fwd R, -, fwd L, fwd R to BFLY Wall;
(fwd R,-, fwd L, fwd R; fwd XLif of M, -, fwd sd R, fwd L;)

13-14 {Lunge Basic 2X} Sd L, -, rec R, XLif; Sd R, -, rec L, XRif;

15-16 {Open Basics} Sd L to lft Half OP, -, XRib, rec L to fc WALL;
Sd R to rt Half OP, -, XLib, rec R to LCP Wall;

PART B

1-16 Bas ; ; Undrm Trn ; Bas end ; L Trn Insd Roll ; Bas end ; Twsty Bas ; ;

Twrl Vin 3 ; Thru sd cl ; L Trn Insd Roll ; Bas end; Twsty Bas ; ;

Twrl Vin 3; Thru sd cl ;

1-2 {Basics} sd L, -, XRib, rec L; sd R, -, XLib, rec R;

Part B continued

- 3 {**Underarm Turn**} [jnd ld hnds] sd L, -, XRib, rec L;
(Sd R, -, XLif trng 1/2 R, rec R trng 1/2 RF;)
- 4 {**Basic end**} sd R, -, XLib, rec R 1/2 OP LOD;
- 5-6 {**Left turn Inside Roll; Basic End**} fwd L, -, sd R, XLif ; sd R, -, XLib, rec R BFLY COH;
(bk R trn LF, -, sd L trn under jnd ld hnd, sd R to fc ptr BFLY Wall;)
- 7-8 {**Twisty Basics**} sd L, -, XRib, rec L; sd R, -, XLib, rec R;
(sd R, -, XLif, rec R; sd L, -, XRif, rec L;)
- 9 {**Twirl Vine 3**} Sd L, -, XRib, sd L; (fwd R trn, -, bk L trn, sd R;)
- 10 {**Thru Side Close**} thru R, -, sd L, cl R pu LOD;
- 11-12 {**Left turn Inside Roll; Basic End**} fwd L, -, sd R, XLif ; sd R, -, XLib, rec R BFLY Wall;
(bk R trn LF, -, sd L trn under jnd ld hnd, sd R to fc ptr BFLY COH;)
- 13-14 {**Twisty Basics**} sd L, -, XRib, rec L; sd R, -, XLib, rec R;
(sd R, -, XLif, rec R; sd L, -, XRif, rec L;)
- 15 {**Twirl Vine 3**} Sd L, -, XRib, sd L; (fwd R trn, -, bk L trn, sd R;)
- 16 {**Thru Side Close**} thru R, -, sd L, cl R pu LOD;

PART C

**1-17 Strt Trpl Trav ; ; X Hvr 2x ; ; Fin Trpl Trav ; Bas End ; Op Bas ; ;
Strt Trpl Trav ; ; X Hvr 2x ; ; Fin Trpl Trav ; Bas End ;
Slo fwd ; R lun ; rec to cl ;**

- 1-2 {**Start a Triple Traveller**} Fwd L trng LF to fc COH, -, sd R, XLif;
(Bk R trng LF ¼, -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr;)
Sd & fwd R spiraling LF und jnd hnds, -, hnds extended LOD fwd L, R;
(Trng to fc LOD fwd L, -, fwd R, fwd L;)
- 3-4 {**Cross Hover 2x**} LXif, -, sd R & fwd rise, L fwd & sd OP RLOD jn trl hnds;
RXif, -, sd L & fwd rise, R fwd & sd OP LOD jn ld hnds;
(RXif, -, sd L & fwd rise, fwd R & sd; LXif, -, sd R & fwd rise, fwd L & sd;)
- 5 {**finish a Triple Traveller**} Fwd L bringing hnds down & bk starting circular motion, -, fwd R bringing hnds up around leading W to roll RF, XLif to fc COH;
(Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R toeing to ptr;)
- 6 {**Basic End**} sd R, -, XLib, rec R;
- 7-8 {**Open Basics**} sd L, -, XRib, rec L to ½ LOP RLOD; sd R, -, XLib, rec R to ½ OP LOD;
- 9-10 {**Start a Triple Traveller**} Fwd L trng LF to fc Wall, -, sd R, XLif;
(Bk R trng LF ¼, -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr;)
Sd & fwd R spiraling LF und jnd hnds, -, hnds extended LOD fwd L, R;
(Trng to fc RLOD fwd L, -, fwd R, fwd L;)
- 11-12 {**Cross Hover 2x**} LXif, -, sd R & fwd rise, L fwd & sd OP RLOD jn trl hnds;
RXif, -, sd L & fwd rise, R fwd & sd OP LOD jn ld hnds;
(RXif, -, sd L & fwd rise, fwd R & sd; LXif, -, sd R & fwd rise, fwd L & sd;)
- 13 {**finish a Triple Traveller**} Fwd L bringing hnds down & bk starting circular motion, -, fwd R bringing hnds up around leading W to roll RF, XLif to fc Wall;
(Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R toeing to ptr;)
- 14 {**Basic End**} sd R, -, XLib, rec R DLW;
- 15-16 {**Slow Forward; Right Lunge**} fwd L, -, -,; lun R, -, -, -;
- 17 {**Recover to closed**} rec L, -, cl R, to CP Wall-;

PART B

Repeat B 1-16

- 1-16 Bas ; ; Undrm Trn ; Bas End ; L Trn Insd Roll ; ; Twsty Bas ; ; Twrl Vin 3 ;
Thru Sd Cl ; L Trn Insd Roll ; ; Twsty Bas ; ; Twrl Vin 3 ; Thru sd cl ;
1-16 {repeat B}**

PART C mod

- 1-16 Strt Trpl Trav ; ; X Hvr 2x ; ; Fin Trpl Trav ; Bas End ; op bas ; ;
Strt Trpl Trav ; ; X Hvr 2x ; ; Fin Trpl Trav ; Bas End ; op bas ; ;
1-14 {repeat C 1-14}
15-16 {Open Basic} sd L, -, XRib, rec L to ½ LOP RLOD; sd R, -, XLib, rec R to BFLY Wall;**

PART D

- 1-12 Sd Basic ; Swhrt Wrap ; Swthrt Runs Pu ; ;
4 Trav X Chasses to fc Wall ; ; ; ; Twisty Basics ; ; Lunge Basics ; ;
1 {Side Basic} Sd L, -, XRib, rec L;
2 {Sweetheart Wrap} sd R, -, Id W to trn under Id hnds XLibR maint trail hnds, trng slty LF rec R;
([WRP LOD] sd L, -, fwd and acrs R trng LF under jnd Id hnds, cont LF trn sd and fwd L;)
3-4 {Sweetheart Runs 2x} fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R pu to LOD jnd hnds low;
5-8 {4 travelling X Chassés} fwd L, -, fwd & sd R, Xif; fwd R, -, fwd & sd L, XRif;
fwd L, -, fwd & sd R, Xif; fwd R, -, fwd & sd L, XRif to BFLY Wall;
9-10 {Twisty Basics} sd L, -, XRib, rec L; sd R, -, XLib, rec R;
(sd R, -, XLif, rec R; sd L, -, XRif, rec L;)
11-12 {Lunge Basics} Sd L, -, rec R, XLif; Sd R, -, rec L, XRif;**

END

- 1-6 Sd Bas ; Swhrt Wrap ; Swhrt Runs 2x ; ; fwd slo sd ; & X lun ;
1 {Side Basic} Sd L, -, XRib, rec L;
2 {Sweetheart Wrap} sd R, -, Id W to trn under Id hnds XLibR maint trail hnds, trng slty LF rec R;
([WRP LOD] sd L, -, fwd and acrs R trng LF under jnd Id hnds, cont LF trn sd and fwd L;)
3-4 {Sweetheart Runs 2x} fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;
5-6 {Forward, Slow Side & Cross Lunge} fwd L, -, sd R trng 1/4 LF, -; X lun LifR, -, -, -;
[X Lunge, M is fcg COH, W is fcg Wall, arms extended looking away from ptr, music is fading]**

- Intro: Cuddle Pos 2 meas wt ; ; Op Bas ; ;**
- A. Swchs; ; Undrm Trn; Rev Undrm Trn; Circ Awy & Tog to
BL BJO; ; Whl 6; ; Sd Bas; ; Swchs; ; Lun Bas 2x; ; Op Bas; ;**
- B. Bas; ; Undrm Trn; Bas end; L Trn Insd Roll; Bas end;
Twsty Bas; ; Twrl Vin 3; Thru sd cl; L Trn Insd Roll; Bas end;
Twsty Bas; ; Twrl Vin 3; Thru sd cl;**
- C. Strt Trpl Trav; ; X Hvr 2x; ; Fin Trpl Trav ; Bas End; Op Bas ; ;
Strt Trpl Trav; ; X Hvr 2x; ; Fin Trpl Trav ; Bas End;
Slo fwd; R lun; rec to cl;**
- B. Bas; ; Undrm Trn; Bas end; L Trn Insd Roll; Bas end;
Twsty Bas; ; Twrl Vin 3; Thru sd cl; L Trn Insd Roll; Bas end;
Twsty Bas; ; Twrl Vin 3; Thru sd cl;**
- Cmod. Strt Trpl Trav; ; X Hvr 2x; ; Fin Trpl Trav; Bas End; op bas ; ;
Strt Trpl Trav; ; X Hvr 2x; ; Fin Trpl Trav; Bas End; op bas ; ;**
- D. Sd Basic ; Swhrt Wrap ; Swthrt Runs Pu ; ;
4 Trav X Chasses to fc Wall ; ; ; Twisty Basics ; ;
Lunge Basics ;**
- End Sd Bas ; Swhrt Wrap ; Swhrt Runs 2x ; ; fwd slo sd ; & X lun ;**