

Love Really Hurts Without You

CHOREO:	Kolja Froese	RELEASED:	January 2020 – V 1.0
ADDRESS:	Steller Str. 11, 28816 Stuhr, Germany		
EMAIL:	Kolja.froese@gmail.com		
PHONE:	+49 (0) 4206 4466610		
MUSIC:	„Love Really Hurts Without You“ – Billy Ocean (02:58) – slow down for comfort		
RHYTHM:	Jive		
PHASE:	V (modification: Stop & Go with double stop action)		
FOOTWORK:	Opposite -- unless indicated (W's footwork in parentheses)		
SEQUENCE:	Intro- AB- Int1- AB- Int2- B(X)- End		

MEASURE

INTRODUCTION

1-5

wait 2;; fallaway right face turning;;, fallaway throwaway;;,

in SCP - M fc WALL - Lead feet free - wait 2 measures;;;

[RF trng falwy] rk bk L, rec R trng to CP, sd L/cl R,
sd&trn RF 1/4 L, sd&trn RF 1/4 R/cl L, sd R – CP COH,

[falwy thrwy] trng to SCP rk bk L, rec R, fwd&sd L/ cl R, sd&trng 1/8 LF L,
release trail hands to LOP– sd&trn 1/8 LF R/ cl L, sd R to fc COH/ RLOD,
(trng to SCP rk bk R, rec L, sd R/cl L, fwd&trn 1/2 to LOP, bk&sd L/ cl R, bk L)

6-8

change hands behind back;;, sole tap;;,

[chg hnds bhd bk] LOP fcg REV – rk apt L, rec R, fwd L/ cl R – placing R hand in Ws R
hand, fwd&trn 1/4 LF L to tandem [M in front] fc WALL, Ms R hand release & L hand join Ws
R hand – sd R/ cl L, sd&trn 1/4 LF R to LOP fc LOD,

[sole tap] rk apt L, rec R, fwd&trn 1/4 RF R to sd-by-sd pos fc WALL, bend R leg and turn
knee away from partner [to a “4”] – tap partners sole – raise trail arms over head - point at
partner, lower arms - sd R/ cl L, sd&trn 1/4 LF R to LOP LOD,

PART A

1-5

Lindy catch;; shoulder shove;;, she go - he go;;,

[Lindy catch] rk apt L, rec R, fwd L/ cl R, fwd & RF trn L, [behind woman – R hand on W
waist] (rk apt R, rec L, fwd R/ cl L, fwd R, - stretch arms to the front)

2 fwd R, fwd L, fwd R/ cl L, fwd & RF trn L to LOP LOD, (bk L, bk R, bk L/cl R, bk L,)

[shldr shove] rk apt L, rec& trn RF 1/4 R, sd L/ cl R, sd L [sd-by-sd & gently shove partners
shoulders], sd R/ cl L, sd & trng 1/4 LF R to LOP LOD,

[she go - he go] rk apt L, rec R, fwd L/ cl R, fwd & trn 1/8 RF L, (rk apt R, rec L, fwd&trn 1/2
LF R under joined lead hands/ cl L, sd R,) fwd& trn 5/8 LF R under joined lead hands [after
the W turned] /cl L, sd R, to LOP fc REV

6-9

rock back, recover, kick/ ball, change, stop & go;; link;

[rk, rec, kck/ball, chg] rk apt L, rec R, lift L foot beside R leg up to the knee – kick down –
rec L foot to the knee, step down on L ball, hover R & step on R,

7 **[stop & go]** rk apt L, rec R, fwd&trn 1/4 RF L/ cl R, sd L, - keep lead hands throughout the
whole figure / M leads W to a 1/2 LF U/A trn during triple - Ms R hand is placed on Ws L
lower shoulder blade at the triple step – (rk apt R, rec L, 1/2 U/A LF trn L [keep lead hands
joined]/ cl R, sd L)

8 rk fwd R, rec L, sd R – lead W into a RF U/A trn/ cl L, sd&trng 1/4 LF R to LOP RLOD, (rk bk
L, rec R, fwd&trn 1/2 RF L [U/A trn]/ cl R, sd L)

9 **[link]** rk apt L, rec R, fwd L/ cl R, fwd L to CP fc RLOD

10-16

whip turn; Mooch;;;; sailor shuffles;

10 **[whp trn]** commence RF trn XRB, continue RF trn sd&fwd L to CP/ WALL, sd R/ cl L, sd R,
(fwd L to Ms R sd, step between Ms feet R, sd L/ cl R, sd L,)

11 **[Mooch]** rk bk L to 1/2 OP Pos LOD, rec R, lift L foot beside R leg up to the knee – kick
down – rec L foot to the knee, step down on L foot,

- 12 lift R foot beside L leg up to the knee – kick down – rec R foot to the knee, step down on R foot, rk bk L, rec R,
 13 fwd&trn 1/4 RF L/ cl R, sd&trn 1/4 RD L to Left 1/2 OP fcg REV, rk bk R, rec L,
 14 lift R foot beside L leg up to the knee – kick down – rec R foot to the knee, step down on R foot, lift L foot beside R leg up to the knee – kick down – rec L foot to the knee, step down on L foot,
 15 rk bk R, rec L, fwd&trn 1/4 LF R/ cl L, sd R, - to R-hand shake fcg WALL
 16 XLiB/ sd R, sd L, XRiB/ sd L, sd R,

PART B

- 1-5** **Miami special;,, sole tap;,, neck slide;,,**
 1- [Miami special] R-hand shake - rk apt L, rec R, rise joined R hands and lead W into a 3/4 LF U/A trn while M is doing a 3/4 RF U/A trn on the triple fwd L/ cl R, fwd&trn L [ending in sd-by-sd] sd R/ cl L, sd R,
 -3 [sole tap] rk apt L, rec R, fwd&trn 1/4 RF R to sd-by-sd pos fc WALL, bend R leg and turn knee away from partner [to a "4"] – tap partners sole – raise trail arms over head - point at partner, lower arms - sd R/ cl L, sd&trn 1/4 LF R to BFLY COH,
 4 [neck std] rk bk L, rec R, fwd L/ cl R – W at Ms R sd - raise arms over heads and release on partners shoulder – fwd&trn RF L,
 5 wheel 1/4 fwd R, wheel 1/4 fwd R, begin to slide down partners arm with R hands - wheel 1/4 fwd L/ cl R, small step sd L, – ending in R-hand shake POS fc RLOD
- 6-10** **change places Left to Right;,, catapult;,, triple wheel;,,**
 6- [chg plcs L-R] rk apt L, rec R, fwd&sd L trng 1/8 RF, - rise R arms and lead W into a 1/2 LF U/A trn - /cl R, sd L, sd& fwd R trng 1/8 LF/ cl L, sd R (rk apt R, rec L, fwd& trn 1/4 LF L, cl R, sd&bk trng 1/4 LF R, sd L/ cl R, sd L – ending in tandem /w dbl handhold fc RLOD M in front
 -8 [catapult] rk fwd L, rec R, – release trail hands and lead W into a L sd pass – SiP L/ cl R, SiP L – give W an impulse to do a 1/2 RF spin -, SiP R/ cl L, SiP R, (rk bk R, rec L, fwd R/ cl L, spn 1/2 RF R, SiP L/ cl R, SiP L,) – R-Hand shake Pos fc RLOD
 9 [trpl whl] rk apt L, rec L, - comm. RF wheel – sd L/ cl R – Ms L hand touching Ws L shlder blade - sd&trn LF L, (rk apt R, rec&trn 1/4 LF L, sd R/ cl L, sd&trn RF R,) 10- sd R/ cl L, sd&trn RF R, sd L/ cl R, sd&trn L, sd R/ cl L, sd R to LOP fcg fc WALL – (sd L/ cl R, sd&trn LF L, sd R/ cl L, spn RF R to fc partner, sd L/ cl R, sd L,)
- 11-14** **stop & go with double stop action;;; (X) rock apt, rec,**
 -11- [stop & go] rk apt L, rec R, fwd&trn 1/4 RF L/ cl R, sd L, - keep lead hands throughout the whole figure / M leads W to a 1/2 LF U/A trn during triple - Ms R hand is placed on Ws L lower shoulder blade at the triple step – (rk apt R, rec L, 1/2 U/A LF trn L [keep lead hands joined]/ cl R, sd L)
 -12- rk fwd R, rec L, rk bk R, rec L, - keep leadhands joined and Ms R hand on Ws shoulder blade throughout
 -13- rk fwd R, rec L, sd R – lead W into a RF U/A trn/ cl L, sd&trng 1/4 LF R to LOP RLOD, (rk bk L, rec R, fwd&trn 1/2 RF L [U/A trn]/ cl R, sd L)
 -14 [rk apt, rec.] rk apt L, rec R,

INTERLUDE 1

- 1-4** **2 forward triples; 2 point steps; swivel wk 4; throwaway;**
 1 [2 fwd trpls] fwd L/ cl R, fwd L to SCP, fwd R/ cl L, fwd R,
 2 [2 pt stps] point forward with outside edge of L foot, [small] step fwd L, point forward with outside edge of R foot, [small] step fwd R,
 3 [swvl wk 4] swiveling fwd L, R, L, R,
 4 [thrwy] fwd&sd L/ cl R, sd&trng 1/8 LF L, release trail hands – sd&trn 1/8 LF R/ cl L, sd R to LOP fc LOD, (trn to SCP rk bk R, rec L, sd R/cl L, fwd&trn 1/2 to LOP, bk&sd L/ cl R, bk L)

INTERLUDE 2

- 1-4** **2 forward triples; 2 point steps; swivel wk 4; chasse Left & Right;**
 1 [2 fwd trpl] fwd L/ cl R, fwd L to SCP, fwd R/ cl L, fwd R,
 2 [2 pt stp] point forward with outside edge of L foot, [small] step fwd L, point forward with outside edge of R foot, [small] step fwd R,
 3 [swvl wk 4] swiveling fwd L, R, L, R, & trn to fc - join lead hands
 4 [chasse L&R] sd L/ cl R, sd L, sd R/ cl L, sd R, to R-hand shake POS

ENDING

- 1-3** **progressive rock 4; throwaway; shoulder shove;,,**
1 **[prog rk 4]** rk bk&sd L, rec R, rk bk&sd L, rec R,
2 **[thrwy]** fwd&sd L/ cl R, sd&trng 1/8 LF L – sd&trn 1/8 LF R/ cl L, sd R to LOP fc LOD, (trn
to SCP rk bk R, rec L, sd R/cl L, fwd&trn ½ to LOP, bk&sd L/ cl R, bk L)
3- **[shldr shove]** rk apt L, rec& trn RF ¼ R, sd L/ cl R, sd L, [sd-by-sd & gently shove partners
shoulders] sd R/ cl L, sd & trng ¼ LF R to LOP LOD,
- 4-12** **Lindy catch;; change places Left to Right;,, Mooch;;;;**
-6- **[Lindy catch]** rk apt L, rec R, fwd L/ cl R, fwd & RF trn L, [behind woman – R hand on W
waist] (rk apt R, rec L, fwd R/ cl L, fwd R, - stretch arms to the front)
-7 **[chg plcs L-R]** rk apt L, rec R, fwd&sd L trng 1/8 RF, - rise R arms and lead W into a ½ LF
U/A trn - /cl R, sd L, sd R/ cl L, sd R (rk apt R, rec L, fwd& trn ¼ LF L/ cl R, sd&bk trng ¼ LF
R, sd L/ cl R, sd L) – ending in half op fc LOD
8 **[Mooch]** rk bk L to ½ OP Pos LOD, rec R, lift L foot beside R leg up to the knee – kick
down – rec L foot to the knee, step down on L foot,
9 lift R foot beside L leg up to the knee – kick down – rec R foot to the knee, step down on R
foot, rk bk L, rec R,
10 fwd&trn ¼ RF L/ cl R, sd&trn ¼ RD L to Left ½ OP fcg REV, rk bk R, rec L,
11 lift R foot beside L leg up to the knee – kick down – rec R foot to the knee, step down on R
foot, lift L foot beside R leg up to the knee – kick down – rec L foot to the knee, step down
on L foot,
12 rk bk R, rec L, fwd&trn ¼ LF R/ cl L, sd R, - to half OP fc LOD
- 13-15** **Rock back, recover, 3 point steps;,, point forward & hold;**
13 **[rk bk, rec, 3 pt stp]** rk bk L, rec R, point fwd with outside edge of L foot, [small] step fwd L,
14 point forward with outside edge of R foot, [small] step fwd R, point forward with outside
edge of L foot, [small] step fwd L,
15 point forward with outside edge of R foot – look at partner & hold

Suggested shortcues:

Sequence: Intro- AB- Int1- AB- Int2- B(X)- End

Intro: SCP/WALL-L feet free- wait 2;;
RF trng falwy;,, falwy thrwy;,,
chg hnds bhd bk;,, sole tap;,,

Part A: Lindy catch;; shldr shove;,, she go - he go;,,
rk, rec, kck/ball, chg, stop & go;;
link (to a); whip turn; Mooth;;;; R-hand shake
sailor shuffles;

Part B: Miami special;,, sole tap to BFLY (fc COH);,,
neck sld to R-hand Shake (fc RLOD);:
chg plcs L-R to tandem (fc RLOD);,, catapult;,,
trpl whl;,,, stop & go with dbl stop action;;;
(X) rock apt, rec,

Int 1: 2 fwd trpls; 2 pt stps; swvl wk 4; thrwy;

Int 2: 2 fwd trpls; 2 pt stps; swvl wk 4 to fc; chasse L&R;

Ending: prog rk 4; thrwy; shldr shove;,,
Lindy catch;; chg plcs L-R (to half OP);,, Mooth;;;;;
rk bk, rec, 3 pt stp;,, pt fwd & hold