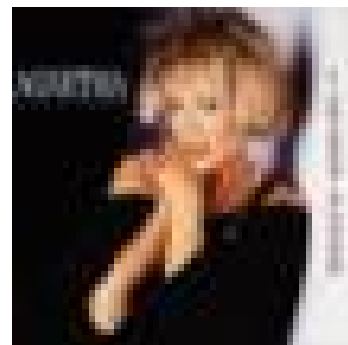


# IF YOU NEED SOMEBODY TONIGHT

Music: **ABBA**  
[Itunes.apple.com/i\\_stand\\_alone](https://itunes.apple.com/i_stand_alone)  
Track # 10 Time 3:32 Accelerate w/ 7%

Rhythm: **Bolero** Phase: **IV**  
Footwork: **Opposite except where (Noted)**

Release Date: Feb 17  
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium  
Email: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)  
Sequence: **INTRO ABC B(Bis) D END**



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; ROMANTIC SWAY'S ; ;

**{Wait}** BFLY POS WALL Id ft free wt 2 meas ; ; **{Romantic Sway's}** Release Id hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep lead hnds up & around to end stretched out to sd at shoulder level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to face bring lead hds between partners to lead hip, -, sd L, cl R ;

### 05-08 NEW YORKER ; THRU SERPIENTE ; ; FENCE LINE w/ ARM SWEEP ;

**{New Yorker}** Sd L, -, trng to OP LOD fwd R, bk L to LOP-FCG WALL ; **{Thru Serpiente}** Sd R, -, XLif (*W XRif*), sd R ; XLib with CW flare R, -, XRib, sd L (*W XRib with CCW flare L, -, XLib, sd R*) ; **{Fence Line w/ Armsweep}** Sd R, -, XLif bent knee left arm circle CW in front of body, rec bk R (*W sd L, -, XRif bent knee Right arm circle CW in front of body, rec L*) to BFLY WALL ;

## PART A

### 01-04 LEFT SIDE PASS ; BACK BREAK ½ OP RLOD ; OP IN & OUT RUNS ; ;

**{Left Sd Pass}** Fwd L trng RF to SCAR, -, bk R comm LF trn, fwd L cont LF trn (*W fwd R trng ¼ RF w/ bk to ptr, -, sd & fwd L w/ strong LF trn, bk R cont LF trn*) to BFLY COH ; **{Bk Break to ½ LOP RLOD}** Sd R, -, XLib turng LF to ½ OP RLOD, fwd R ; **{OP In & Out Runs}** To RLOD Fwd L body rise, -, fwd R ifo woman comm RF trn, sd L cont RF trn w/ free arms out to sd (*W sd & fwd R body rise, -, fwd L, R*) to ½ LOP RLOD ; Fwd R body rise, -, fwd L, R w/ free arms out to sd (*W Fwd L body rise, -, fwd R ifo man comm RF trn, sd L cont RF trn*) to ½ OP RLOD ;

### 05-08 RIGHT SIDE PASS ; BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ;

**{Right Sd Pass}** Fwd & sd L com RF trn raisg Id hnds to create window, -, XRib contg RF trn, fwd L (*W fwd R, -, fwd L com LF trn, bk R cont LF trn undr jnd Id hnds to fc ptr*) to BFLY WALL ; **{Bk Break to ½ OP LOD}** Sd R, -, XLib turng LF to ½ OP LOD, fwd R ; **{OP In & Out Runs}** Repeat meas 3,4 Part A to LOD & to ½ OP LOD ; ;

### 09-12 DOUBLE HNDHLD OPENING OUT TWICE ; ; HAND to HAND TWICE ; ;

**{DBL Hndhld Opening Out x 2}** Sd & fwd L body rise and body rotate LF, -, lower on L and extend R foot to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match ptr, -, XLib lowering, fwd R to Bfly*) ; Cl R body rise and body rotate RF, -, lower on R and extend L foot to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowering, fwd L to Bfly*) ; **{Hand to Hand x 2}** Sd L, -, XRib (*W XLib*) trng RF to LOP RLOD, fwd L trng LF to BFLY WALL ; Sd R, -, XLib (*W XRib*) to trng LF OP LOD, fwd R trng RF to BFLY WALL ;

### 13-16 ALTERNATING UNDERARM TURNS W – M & W ; ; ; HIP ROCK ;

**{Alternating Underarm Turns W-M-W}** Raisg jnd Id hnds Sd L, -, XRib, rec L (*W Sd R, -, trng RF undr jnd Id hnds fwd L, fwd R cont RF trn to fc ptr*) ; [join tl hnds] Sd R, -, trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr (*W Sd L, -, XRib, rec L*) ; [join lead hnds] Repeat meas 13 Part A to Low Bfly WALL ; **{Hip Rock}** Sd R rollg R hip, -, rec L rollg L hip, rec R rollg R hip ;

## PART B

### 01-04 LEFT TURNING BOX / W INSIDE TURNS ; ; ; ;

**{Left Turning Box / W Inside Turns}** Blend to CP Fwd L trng LF, -, compg ¼ LF trn sd R, cl L to CP LOD ; Bk R cont LF trn raisg Id hnds, -, compg ¼ LF trn sd L, cl R (*W fwd L comm LF trn under lead hands, -, small sd R cont LF trn, small sd L compg LF trn*) to CP COH ; Repeat meas 1,2 Part B to CP RLOD & WALL ;

### 05-06 LUNGE BREAK ; REVERSE UNDERARM TURN ;

**{Lunge Break}** Sd & fwd L body rise, -, lower on left slight LF body trn lead W bk extend R sd & bk, rise on L slight RF body trn to rec (*W sd & bk R body rise, -, bk L w/ sitting action, rec fwd R*) ; **{Reverse Underarm Turn}** Sd & fwd R RLOD rise, -, ck thru L soft knee raise lead hnds, rec R trn to fc prtn soft knee (*W sd & fwd L LOD rise, -, thru R trn LF undr lead hnds soft knee, rec L cont trn LF to fc sft knee*) ;

### 07-10 AIDA PREPARATION ; AIDA LINE & ROCK 2 ; SWIVEL to FACE & SHOULDER to SHOULDER TWICE ; ;

**{Aida Prep}** Sd L trng LF to LOD, -, fwd R trng RF to fc ptr, cl L ; **{Aida Line & Hip Rock 2}** Bk R to bk to bk V pos raisg tl arms, -, rock fwd on L, rock bk on R ; **{Swivel to Fc & Shoulder to Shoulder x 2}** Fwd L swivel LF to fcg ptr & pnt R to sd, fwd R to BFLY-BJO, bk L to BFLY ; Sd R, -, fwd L to BFLY-SCAR, bk R to BFLY WALL ;

## PART C

**01-04 ROMANTIC SWAY'S TWICE ; ; ; ;**

{Romantic Sways x 2} Repeat meas 3,4 Intro x 2 ; ; ; ;

**05-08 NEW YORKER ; THRU SERPIENTE ; ; FENCE LINE w/ ARM SWEEP :**

{New Yorker} Repeat meas 5 Intro ; {Thru Serpiente} Repeat meas 6,7 Intro ; {Fence Line w/ Armsweep} Repeat meas 8 Intro to CP WALL ;

## PART B(Bis)

**01-04 LEFT TURNING BOX / W INSIDE TURNS ; ; ;**

{Left Turning Box / W Insd Turns} Repeat meas 1,2,3 & 4 & Part B ; ; ; ;

**05-06 LUNGE BREAK ; REVERSE UNDERARM TURN :**

{Lunge Break } Repeat meas 5 Part B ; {Reverse Underarm Turn} Repeat meas 6 Part B ;

**07 RIFF TURNS :**

{Riff Turn} [QQQQ] Sd L raisg jnd lead hnds to lead W spin RF, cl R, sd L keeping jnd lead hnds above W's head, cl R (W sd & fwd R comm RF spin, cl L compg one full spin RF to fc ptr, sd & fwd R comm RF spin, cl L compg one full spin RF to fc ptr) to BFLY WALL ;

## PART D

**01-04 TURNING BASIC ; SYNCOPATED HIP ROCK & r-hndshk ; HALF MOON ; ;**

{Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF) to Low Bfly COH ; {Syncopated Hip Rocks} [SQ&Q] Rk sd R hip roll RF, -, rec L hip roll LF/sd R hip roll RF, sd L hip roll LF to r-hndshk ; {Half Moon} Sd R trng to slight V LOD, -, thru L LOD, rec R trng to fc ptr (sd L, -, thru R w/ strong bdy trn almost w/ bk to ptr, rec L) ; Sd & bk L, -, slp bk R trng LF, cont LF trn fwd & sd L (sd & fwd R, -,trng LF fwd L xg in frnt of M, cont LF trn sd & bk R) to BFLY WALL ;

**05-08 FENCE LINE w/ ARM SWEEP ; DBL HNDHLD UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES / W UNDERARM ;**

{Fence Line w/ Armsweep} Repeat meas 8 Intro ; {Dbl Handhold Underarm Turn to Stacked Hnds} [Raisg ld-arm high & bringing tl-arm up to R-shoulder level] Sd L, XRib & taking L-arm first over W's head, rec L taking R-arm over W's head (W sd R, -, XLif trng RF under ld-arm, rec R contg to trn under tl-arm to fc M) to stacked hnds Lft over r-hnds, - ; {Open Break to Fc} With stacked hnds Sd R, -, apt L, rec L to W's r-sd ; {Change Sides / W Underarm} Fwd L to COH trng RF[lead W trn under stacked hnds], small sd & fwd R cont RF turn to fc, cl L (W fwd R to WALL trng LF under stacked hnds chg sds, small sd & fwd L cont LF turn to fc, cl R) to BFLY WALL, - ;

**09-12 HORSESHOE TURN & r-hndshk ; ; HALF MOON ; ;**

{Horseshoe Turn} Sd & fwd R to V position RLOD, -, cont trn thru L RLOD, lk Rib to V pos & raise ld hnds ; Circ CCW to fc WALL fwd L, -, R, L (W circ CCW undr jnd hnds fwd R, -, L, R) to r-hndshk WALL ; {Half Moon} Repeat meas 3,4 Part E to BFLY COH ; ;

**13-16 HIP LIFT ; RIFF TURNS ; CROSS BODY ; HIP ROCK ;**

{Hip Lift} Sd & fwd R blend to CP (W sd & fwd L) bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, low L hip relaxing knee ; {Riff Turn} Repeat meas 7 Part B(Bis) ; {Cross Body} Sd & bk L, -, slp bk R trng LF, fwd & sd L to LOP FCG WALL (sd & fwd R, -, trng LF fwd L xg in frnt of M, sd & bk R) to CP WALL ; {Hip Rock} Repeat meas 16 Part A ;

## ENDING

**01-04 ROMANTIC SWAYS ; ; RIFF TURNS ; AIDA PREPARATION ; AIDA LINE & SLOWLY DEVELOP the ARMS ;**

{Romantic Sways} Repeat meas 3,4 Intro ; ; {Riff Turns} Repeat meas 7 Part B(Bis) ; {Aida Prep} Repeat meas 7 Part B ; {Aida Line & Slowly Develop the Arms} Bk R to bk to bk V pos raisg tl arms slowly up & bk as the music ends, -, -, - ;