

# My Tears

Count: 128

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Tjwan Oei (NL) - April 2018

Musik: My Tears – by Mandy Barnett



Sequence : A – A – B – B ( 32 count ) – Tag – A – B – Ending B ( Pos. 7 & Pos. 8 )

## A : 64 counts

**A01: Step to right side – Drag & touch – Rock back – Recover – Step forward ( L – R ) – Shuffle forward**

1-2& RF. step to right side – LF. drag to RF. – LF. touch beside RF.

3-4 LF. rock back – Recover weight onto RF.

5-6 LF. step forward – RF. step forward

7&8 LF. step forward – RF. step together – LF. step forward

**A02: Rock forward – Recover – Pivot ½ turn right – Step forward – Shuffle ½ turn right forward – Coaster step**

1-2 RF. rock forward – Recover weight onto LF.

3-4 RF. step ½ turn right forward – LF. step forward

5&6 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step together beside LF.

7&8 LF. step back – RF. step together – LF. step forward

**A03: Step fwd. – Touch – Step fwd. – Touch – Kick forward – Step behind – Step ¼ turn left forward – Step forward ( R - L )**

1-2 RF. step forward – LF. touch beside RF.

3-4 LF. step forward – RF. touch beside LF.

5&6 RF. kick forward – RF. step behind LF. – LF. step ¼ turn left forward

7-8 RF. step forward – LF. step forward

**A04: Jazz box – Jazz box with ¼ turn right**

1-2 RF. cross over LF. – LF. step back

3-4 RF. step to right side – LF. step together beside RF.

5-6 RF. cross over LF. – LF. step back

7-8 RF. step ¼ turn to right side – LF. step together beside RF.

**A05: Step diag. right forward – Lock – Step fwd. – Scuff forward – Step diag. left forward – Lock – Step fwd. – Scuff forward**

1-2 RF. step diagonally to right forward – LF. lock behind RF.

3-4 RF. step forward – LF. scuff forward

5-6 LF. step diagonally to left forward – RF. lock behind LF.

7-8 LF. step forward – RF. scuff forward

**A06: Rocking chair – Pivot ½ turn left – Pivot ¼ turn left**

1-2 RF. rock forward – Recover weight onto LF.

3-4 RF. rock back – Recover weight onto LF.

5-6 RF. step forward – RF./LF. step ½ turn left forward

7-8 RF. step forward – RF./LF. step ¼ turn left forward

**A07: Side rock – Recover – Cross over – Hold ( 2 X )**

1-2 RF. rock to right side – Recover weight onto LF.

3-4 RF. cross over LF. – Hold

5-6 LF. rock to left side – Recover weight onto RF.

7-8 LF. cross over RF. – Hold

**A08: Cross over – Step back – Step to right side – Cross over – Rock back – Recover – Step forward ( R – L )**

1-2 RF. cross over LF. – LF. step back  
 3-4 RF. step to right side – LF. cross over RF.  
 5-6 RF. rock back – Recover weight onto LF.  
 7-8 RF. step forward – LF. step forward

#### **B : 64 counts**

##### **B01: Side step – Together – Kick ball cross – Right chasse – Shuffle back with ¼ turn left**

1-2 RF. step to right side – LF. step together  
 3&4 RF. kick forward – RF. set ball down beside LF. – LF. cross over RF.  
 5&6 RF. step to right side – LF. step together – RF. step to right side  
 7&8 LF. step ¼ turn left back – RF. step together – LF. step back

##### **B02: Jazz box – Jazz box with ¼ turn right**

1-2 RF. cross over LF. – LF. step back  
 3-4 RF. step to right side – LF. step together beside RF.  
 5-6 RF. cross over LF. – LF. step back  
 7-8 RF. step ¼ turn to right side – LF. step together beside RF.

##### **B03: Side step – Together – Right chasse – Cross over – Recover – Left chasse with ¼ turn left forward**

1-2 RF. step to right side – LF. step together beside RF.  
 3&4 RF. step to right side – LF. step together – RF. step to right side  
 5-6 LF. cross over RF. – Recover weight onto RF.  
 7&8 LF. step to left side – RF. step together – LF. step ¼ turn left forward

##### **B04: Full turn left forward – Right chasse – Sailor cross with ¼ turn left – Step forward ( R – L )**

1-2 RF. step ½ turn left back – LF. step ½ turn left forward  
 3&4 RF. step to right side – LF. step together – RF. step to right side  
 5&6 LF. cross behind RF. – RF. step ¼ turn left forward – LF. cross over RF.  
 7-8 RF. step forward – LF. step forward

##### **B05: Step diag. right forward – Lock – Step fwd. – Scuff forward – Step diag. left forward – Lock – Step fwd. – Scuff forward**

1-2 RF. step diagonally right forward – LF. lock behind RF.  
 3-4 RF. step forward – LF. scuff forward  
 5-6 LF. step diagonally left forward – RF. lock behind LF.  
 7-8 LF. step forward – RF. scuff forward

##### **B06: Rocking chair – Pivot ½ turn left – Pivot ¼ turn left**

1-2 RF. rock forward – Recover weight onto LF.  
 3-4 RF. rock back – Recover weight onto LF.  
 5-6 RF. step forward – RF./LF. ½ turn left forward  
 7-8 RF. step forward – RF./LF. step ¼ turn left forward

##### **B07: Side rock – Recover – Cross over – Hold ( 2 X )**

1-2 RF. rock to right side – Recover weight onto LF.  
 3-4 RF. cross over LF. – Hold  
 5-6 LF. rock to left side – Recover weight onto RF.  
 7-8 LF. crossover RF. – Hold

##### **B08: Cross over – Step back – Step to right side – Cross over – Rock back – Recover – Step forward ( R – L )**

1-2 RF. cross over LF. LF. step back  
 3-4 RF. step to right side – LF. cross over RF.  
 5-6 RF. rock back – Recover weight onto LF.  
 7-8 RF. step forward – LF. step forward

**TAG :**

Hips sway ( R – L – R – L )

**Ending :**

Do the dance B ( Position 07 & 08 ) till the end ,..and then : Step forward – Pivot  $\frac{1}{2}$  turn left – Step forward – Pivot  $\frac{1}{4}$  turn left ( 12 )

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