

# Cradle Days

Count: 48

Wand: 2

Ebene: High Beginner Waltz

Choreograf/in: Alexis Strong (UK) - January 2019

Musik: Pal of My Cradle Days - Ann Breen



( Alternative Music Pal Of My Cradle Days By Michael English)

Start On Vocals (What A Friend)

**[1-6] LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.**

1,2,3            Cross L Over R (2) Rock R To R (2) Recover On L (3)  
4,5,6            Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 3:00

**[7-12] CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .**

1,2,3            Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6            Cross R Behind L (4) Rock L To L (5) Recover On R (6)

**[13-18] LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.**

1,2,3            Cross L Over R (2) Rock R To R (2) Recover On L (3)  
4,5,6            Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 6:00

**[19-24] CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .**

1,2,3            Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6            Cross R Behind L (4) Rock L To L (5) Recover On R (6)

**[25-30] WEAVE RIGHT, RIGHT DRAG TOGETHER.**

1,2,3            Cross L Over R (1) Step R To R (2) Cross L Behind R (3)  
4,5,6            Large Step R (4) Drag L To R (5) Touch L To R (6)

**[31-36] ROLLING GRAPEVINE FULL TURN LEFT, RIGHT TWINKLE**

1,2,3            Making 1/4 Turn L, Step L (1) Making 1/2 Turn L, Step R (2) Making 1/4 Turn L, Step L (3)  
6:00  
4,5,6            Cross R Over L (4) Rock L To L (5) Recover On R (6)

**[37-42] LEFT TWINKLE, WEAVE LEFT.**

1,2,3            Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6            Cross R Over L (4) Step L To L (5) Cross L Behind R (6)

**[43-48] LEFT DRAG TOGETHER, ROLLING GRAPEVINE RIGHT.**

1,2,3            Large Step L (1) Drag R To L (2) Touch R To L (3)  
4,5,6            Making 1/4 Turn R, Step R (4) Making 1/2 Turn R, Step L (5) Making 1/4 Turn R, Step R  
Side.

Enjoy

This is dedicated to my Nan, It was her all time favourite song xxx

Last Update – 17 Jan. 2019