

# Cry Myself to Sleep

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jo Rosenblatt (AUS) - April 2016  
音乐: Cry Myself to Sleep (feat. Jay Neilson) - Tami Neilson : (Album: The Kitchen Table Sessions)



Start: □ 16 count intro, Start on "...hello ..", weight on left foot

## Back, Drag, Tog, Back, Drag, Tog, Side, Rock, ½Turn, ½Turn, Rock

1 2&      Step back on R, Drag L back towards right, Step L beside right  
3 4&      Step back on R, Drag L back towards right, Step L beside right  
5 6&      Step R to right, Rock onto L, Turn 180 □ right step R to right □ 6  
7 8      Turn 180 □ right step L to left, Rock onto R □ 12

## Behind, Hold, Side, Cross, Sweep, Cross, Side, Behind, Side, Cross, Unwind

1 2&3      Step L behind R, Hold, Step R to right, Cross L over R,  
4      Sweep R around in front of left - drag your toes along the floor as you sweep your leg around  
5&6&      Cross R over left, Step L to left, Step R behind left, Step L to left  
7 8      Touch R across in front of left, Unwind 270 □ left placing weight on L \*\*\*\*\* □ 3

## Fwd, Rock, ¼Turn, Step, Pivot, Tog, Fwd, Rock, ½Turn, Spin, Fwd

1 2&      Step R fwd, Rock back onto L, Turn 90 □ right step R fwd □ 6  
3 4&      Step L fwd, Turn 180 □ right step R fwd, Step L beside right □ 12  
5 6&      Step R fwd, Step back on L, Turn 180 □ left step R fwd □ 6  
7      Step L fwd spinning 360 □ over right shoulder hooking right foot under left knee □ 6  
8      Step R fwd

## Side, Behind, Cross, ¼Turn, ¼Turn, Cross, Side, Behind, Cross, ¼Turn, Drag

1 2&      Large step L to left, Step R behind left, Cross L in front of right  
3 4&      Turning 90 □ left step R back, Turning 90 □ left step L to left, Cross R over left □ 12  
5 6&      Large step L to left, Step R behind left, Cross L in front of right  
7 8      Turn 90 □ left step R back, Drag L back beside right □ 9

TAG: At the end of Wall 6: Add a Reverse Rocking Chair □  
Step R back, Rock fwd on L, Step R fwd, Rock back on L □

FINISH: □ Wall 7: At Count 16 \*\*\*\*

Replace the 270 □ Unwind with a 180 □ unwind to finish at the front wall. □

Free to be copied provided no changes are made to the original choreography.  
Jo Rosenblatt 0417 074218 [errolandjo@bigpond.com](mailto:errolandjo@bigpond.com)