

Crying My Heart Out

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mawayani (NL) - November 2016
音乐: I'm Crying My Heart Out Over You (with Billy Forrest) - Ray Dylan



Intro : 32 counts

S1: LOCKSTEP, TOUCH, DIG.STEP LEFT, TOUCH, DIG. STEP RIGHT, TOUCH BEHIND

- 1 RF step fwd
- 2 LF lock behind RF
- 3 RF step fwd
- 4 LF touch next to RF
- 5 LF step diagonal left fwd
- 6 RF touch next to LF
- 7 RF step diagonal right fwd
- 8 LF touch behind RF

S2: BEHIND, BEHIND, CROSS OVER, BEHIND, ¼ STEP LEFT, PADDLE ¼ TURN LEFT, STEP FWD

- 1 LF step diagonal bwd
- 2 RF step bwd (12)
- 3 LF cross over RF
- 4 RF step bwd
- 5 LF ¼ turn left, step to left side
- 6 RF step fwd
- 7 L+R ¼ turn left
- 8 RF step fwd

S3: STEP FWD, HOLD & STEP FWD, ROCK, RECOVER, ¼ TURN RIGHT CHASSE, CROSS OVER

- 1 LF step fwd
- 2 hold
- & RF close next to LF
- 3 LF step fwd
- 4 RF rock fwd
- 5 LF recover
- 6 RF ¼ turn right, step to right side
- & LF step next to RF
- 7 RF step to right side
- 8 LF cross over RF

S4: STEP RIGHT, CROSS BEHIND, ¼ RIGHT, ROCK, RECOVER, ½ TURN LEFT FWD, STEP FWD, HOLD

- 1 RV step to right side
- 2 LV cross behind RF
- 3 RV ¼ turn right, step fwd
- 4 LV rock fwd
- 5 RV recover
- 6 LV ½ turn left, step fwd
- 7 RV step fwd
- 8 hold

S5: HIP BUMPS, TOUCH, FULL TURN RIGHT, TOUCH

- 1 LV hip left
- 2 RV hip right

- 3 LV hip left
- 4 RV touch next to LF
- 5 RV ¼ turn right, step to right side
- 6 LV ½ turn right, step bwd
- 7 RV ¼ turn right, step to right side
- 8 LV touch next to RF

S6: ROCK, RECOVER, ½ TURN LEFT, HOLD,+ ROCK, RECOVER, ¼ TURN RIGHT, HOLD

- 1 LF rock fwd
- 2 RF recover
- 3 LF ½ turn left, step fwd
- 4 hold
- 5 RF rock fwd
- 6 LF recover
- 7 RF ¼ turn right, step fwd
- 8 hold

S7: LOCKSTEP, TOUCH, ¼ PADDLE TURN LEFT, ¼ PADDLE TURN LEFT

- 1 LF step fwd
- 2 RF lock behind LF
- 3 LF step fwd
- 4 RF touch next to LF
- 5 RF step fwd
- 6 R+L ¼ turn left
- 7 RF step fwd
- 8 R+L ¼ turn left

S8: LOCK STEP, ¼ RIGHT SCUFF, STEP FWD, ½ TURN RIGHT, STEP FWD, HOLD

- 1 RF step fwd
- 2 LF lock behind RF
- 3 RF step fwd
- 4 LF ¼ turn right, scuff
- 5 LF step fwd
- 6 L+R ½ turn right
- 7 LF step fwd
- 8 hold

Start over

Ending: dance the first two blocks

Contact: www.mawayanilinedancers.webnode.nl - djmarianne56@hotmail.com
