

Cry Out

拍数: 32 墙数: 4 级数: Easy Intermediate NC2S
编舞者: Rex Chuan (USA) - December 2020
音乐: Cry Out - Loic Nottet



Start: After 16 counts, with vocal - Tags: 2

S1: Basic Night Club (R-L), Sweep-Cross-Side (L-R)

- 12&34&. Step RF R(1), step LF together(2), cross RF(&), step LF L(3), step RF together(4), cross LF(&)
- 56&78&. Step RF R(5) and turn body quarter R while sweeping LF forward, cross LF(6), step RF R(&), cross LF behind RF(7) and sweep RF backwards, cross RF behind LF(8), step LF L(&)(3:00)

S2: Cross Rock Recover, Turn & Forward, Spiral Turn, Three-Step-Turn, Rock Recover Side, Sailor Step

- 12&34& Cross Rock RF(1), recover (2), turn quarter R and step RF forward (&), step LF forward(3), make R full turn and step RF forward(4), turn quarter R and step LF L(&)
- 56&78& Turn quarter R and rock RF backwards(5), recover(6), turn L quarter and step RF R(&), cross LF behind RF(7) and sweep RF backwards, cross RF behind LF(8), step LF L(&) (9:00)

S3: Cross & Sweep Forward (R-L-R), Cross & Side, Cross & Sweep Backwards (L-R-L), Sailor Step Turn

- 1234&. Cross RF(1) and sweep LF forward, cross LF(2), and sweep RF forward, cross RF(3) and sweep LF forward, cross LF(4), step RF R(&)
- 5678&. Cross LF behind RF(5) and sweep RF backwards, cross RF behind LF(6) and sweep LF backwards, cross LF behind RF(7) and turn body quarter R while sweeping RF backwards, cross RF behind LF(8), turn quarter L step LF forward(&) (9:00)

S4: Forward, Turn & Sway (L-R), Three Step Turn, Turn & Forward, Pivot Turn, Weave

- 1234&. Step RF forward(1), turn quarter L and sway L(2), sway R(3), turn body quarter L and move weight to LF(4), turn quarter L and step RF R(&)
- 56&7&8&. Turn quarter L and step LF backwards (5), turn quarter R and step RF forward(6), step LF forward(&), pivot quarter turn R and weight on RF(7), cross LF(&), step RF R(8), cross LF behind RF(&) (3:00)

Tag 1: step RF R(1), sway L(2). Do this after the end of the first wall.

Tag 2: step RF R(1), toe LF together (&), hold 2, rock LF backwards(3), recover(4), step LF L(5), toe RF together (&), hold 6, rock RF backwards (7), recover(8). Do this after the end of wall 2.

Enjoy the dance!