

Cry Me A River

拍数: 32 墙数: 2 级数: Improver
编舞者: Sebastiaan Holtland (NL) - February 2025
音乐: Cry Me A River - Lanie Gardner : (iTunes)



* one restart in wall 4 after 16 counts, RF together (&), after start again.

Intro: 16 counts, start approx 11 sec.

S1. [1-8] L Side, R Behind, L Side ¼ L, R Step Lock Step, L Lock, R Rock, R Coaster Step.

1,2& LF step right (1), RF behind LF (2), LF step left ¼ left (9.00) (&).
3&4& RF step fwd (3), LF lock behind RF (&), RF step fwd (4), LF lock behind RF (&).
5,6 RF rock fwd (5), LF recover (6).
7&8 RF step back (7), LF step beside RF (&), RF step fwd (8).

S2. [9-16] L Fwd Mambo Step ¼ L, R Cross Unwind ¾ L, R Back Rock Continue ¼ Turn L, 2x R Paddel Turn ¼ L.

1&2 LF mambo step fwd (1), RF recover (&), LF step left ¼ turn (6.00) (2).
3,4 RF step across LF (3), Unwind ¾ left (9.00) (4).
5,6 Continue ¼ turn left (6.00) RF rock back (5), LF recover (6).
7,8 RF side point right ¼ left (3.00) (7), RF side point right (12.00) (8).

(NB: Restart here in wall 4 after 16 counts, RF step beside LF (&), after start again).

S3. [17-24] R Sailor Step, L Sailor Turn ¼ R, R Fwd Mambo Step, Fan Walks R, L.

1&2 RF step behind LF (1), LF step left (&), RF step right (2).
3&4 LF step behind RF (3), RF step right ¼ right (3.00) (&), LF step fwd (4).
5&6 RF mambo fwd (5), LF recover (&), RF step slightly back (6).
7,8 LF step back while you fan R toe right (7), RF step back while you fan L toe left (8).

S4. [17-24] Heel Switches L, R, L Step ¼ left, R Knee Lift, R ¼ Sailor Turn L, L Side, R Flick Behind, R Side ¼ L, L Flick Behind.

1&2& LF touch heel fwd (1), LF replace (&), RF touch heel fwd (2), RF replace (&).
3,4 LF step fwd ¼ turn left (12.00) (3), RF lift R knee up (4).
5&6 RF step behind LF (5), LF step left ¼ left (9.00) (&), RF step fwd (6).
7&8& LF step left (7), RF flick behind L knee (&), RF step right ¼ left (6.00) (8), LF flick behind R knee (&).

REPEAT THE DANCE AND HAVE FUN!!