Crying Shoulder



编舞者: Malene Jakobsen (DK) - September 2008

音乐: I'll Be - Edwin McCain: (CD: A Cindarella Story)



Intro: 24 counts from the beginning - 10 seconds into track, on lyrics

| (1-12) Step, Poi | int, Hold, Monterey, Hold, Twinkle ¼, Cross Rock, Sweep |
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| 1-2-3 | Step forward on L, point R to R side, hold |
| 4-5-6 | On ball of L make full turn R stepping R next to L, point L to L side, hold |
| 1-2-3 | Cross L over R, turn ¼ L stepping back on R, step L to L side [09.00] |
| 4-5-6 | Cross R over L, recover onto L, sweep R from front to back |
| (13-24) Sailor, S | Sailor ½, Step Sweep, Step Sweep |
| 1-2-3 | Cross R behind L, step L to L side, Step R to R side |
| 4-5-6 | Turn ¼ L stepping back on L, turn ¼ L stepping R to R side, step L to L side [03.00] |
| 1-2-3 | Step forward on R, sweep L from back to front over 2 counts |
| 4-5-6 | Step forward on L, sweep R from back to front over 2 counts |
| (25-36) Step, 1/2 | , Step, Step, ½ Step, ¼, Behind, Side, Cross Rock, Side, Cross |
| 1-2-3 | Step forward on R, turn ½ L, step forward on R [09.00] |
| 4-5-6 | Step forward on L, turn ½ R, turn ¼ R stepping L to L side [06.00] |
| 1-2-3 | Cross R behind L, step L to L side, cross R over L |
| 4-5-6 | Recover onto L, step R to R side, cross L over L |
| | |
| (37-48) Unwind | ¾, Full Spiral Turn X 2, Rock Step, Hold |
| (37-48) Unwind 1-2-3 | 34, Full Spiral Turn X 2, Rock Step, Hold Unwind 34 R keeping weight on L over 2 counts, step forward on R [03.00] |
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| 1-2-3 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] |
| 1-2-3 4-5-6 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R |
| 1-2-3 4-5-6 1-2-3 4-5-6 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R |
| 1-2-3 4-5-6 1-2-3 4-5-6 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 4-5-6 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L Step forward on R, touch L toes behind R, step back on L |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 4-5-6 1-2-3 4-5-6 TAG: Basic For | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L Step forward on R, touch L toes behind R, step back on L Step back on R, lock L across R, rock back on R |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 4-5-6 1-2-3 4-5-6 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L Step forward on R, touch L toes behind R, step back on L Step back on R, lock L across R, rock back on R Recover onto L, on ball of L foot turn ½ L moving weight to R, HOLD [09.00] |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 4-5-6 1-2-3 4-5-6 TAG: Basic For | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L Step forward on R, touch L toes behind R, step back on L Step back on R, lock L across R, rock back on R Recover onto L, on ball of L foot turn ½ L moving weight to R, HOLD [09.00] ward, Basic Back, Step Sweep, Step Sweep |
| 1-2-3 4-5-6 1-2-3 4-5-6 (49-60) Coaster 1-2-3 4-5-6 1-2-3 4-5-6 TAG: Basic For 1-2-3 | Unwind ¾ R keeping weight on L over 2 counts, step forward on R [03.00] Step forward on L, make full spiral turn R, step forward on R Step forward on L, make full spiral turn R, step forward on R Rock forward on L, recover onto R, HOLD 7, Step, Touch, Step, Step Back, Back Lock, Back Rock, ½, Hold Step back on L, step R beside L, step forward on L Step forward on R, touch L toes behind R, step back on L Step back on R, lock L across R, rock back on R Recover onto L, on ball of L foot turn ½ L moving weight to R, HOLD [09.00] ward, Basic Back, Step Sweep, Step Sweep Step forward on L, step R beside L, step L beside R |

SEQUENCE OF DANCE:

Wall 1: Dance up to count 48 and start again

Wall 2: Full dance

Wall 3: Full dance then the 12 count tag

Wall 4: Dance up to count 48 and start again

Wall 5, 6 & 7: Full dance

Wall 8: Dance up count 48 and start again

Wall 9 & 10: Full dance