

Cry Me Out

拍数: 32 墙数: 2 级数: Higher Intermediate / Advanced
编舞者: Malene Jakobsen (DK) - October 2009
音乐: Cry Me Out - Pixie Lott : (Album: Turn It Up - Bonus Track Version)



Note: The music sounds as if it's a very fast waltz, however it is not a waltz.

Intro: 8 counts from when the beat kicks in, 17 sec. into track - dance begins with weight on R.

(1-7) Side, back rock, side, touch, 1/8, mambo, 1/4, 1/4, full turn, rock

a1-2 (a) Step L to L, (1) rock back on R, (2) recover onto L 12.00
&a3 (&) Step R to R, (a) touch L beside R (3) step L to L diagonal 10.30
4&a (4) Rock forward on R, (&) recover onto L, (a) step slightly back on R 10.30
5-6 (5) Rock L to L making 1/4 turn L, (6) recover onto R making a 1/4 R 10.30
&a7 (&) Turn 1/2 R stepping back on L, (a) turn 1/2 R stepping forward on R, (7) step forward on L
10.30

(8-15) Recover 1/2, ball steps, step sweep, cross rock, side, cross rock, 1/8, ball, side, coaster, rock

8& (8) Recovering onto R make 1/2 turn L on ball of R, (&) step L next to R 4.30
a1 (a) Step R next to L, (1) step forward on L sweeping R from back to front 4.30
2&a3 (2) Cross R over L, (&) recover onto L, (a) step R to R, (3) cross L over R 4.30
4& (4) Recover onto R, (&) turn 1/8 L stepping L to L 3.00
a5 (a) Step R next to L, (5) large step L to L dragging R towards L 3.00
6&a (6) Step back on R, (&) step L next to R (a) step forward on R 3.00
7 (7) Rock forward on L,

(16-24) 1/4, cross shuffle with sweep, cross shuffle, 3/4, shuffle, full turn, back, back, sweep

8 (8) Recover onto R making 1/4 turn R 6.00
&a1 (&) Cross L over R, (a) step R to R, (1) cross L over R sweeping R from back to front 6.00
2&a (2) Cross R over L, (&) step L to L, (a) cross R over L 6.00
3 (3) Step L to L and make 3/4 turn R on ball of L 3.00
4&a (4) Step forward on R, (&) step L next to R, (a) step forward on R 3.00
5-6& (5) Step forward on L, (6) turn 1/2 R, (&) turn 1/2 R stepping L next to R 3.00
a7 (a) Step back on R, (7) take a long step back on L starting to sweep R from front to back 3.00
8 (8) Finish R sweep 3.00

(25-32) Behind, side, cross rock, 1/4, ball step, mambo, 1/4 x 4, hold

&a1 (&) Cross R behind L, (a) step L to L, (1) cross R over L 3.00
2& (2) Recover onto L, (&) turn 1/4 R stepping forward on R 6.00
a3 (a) Step L next to R, (3) take a long step forward on R dragging L towards R 6.00
4&a (4) Rock forward on L, (&) recover onto R, (a) step slightly back on L 6.00
5 (5) Turn 1/4 R stepping forward on R 9.00
&6 (&) Step forward on L, (6) turn 1/4 R stepping forward on R 12.00
&7 (&) Step forward on L, (7) turn 1/4 R stepping forward on R 3.00
&8 (&) Step forward on L, (8) turn 1/4 R stepping forward on R 6.00
& (&) Hold

TAG: It only happens once after wall 5, you'll be facing 6 o'clock

(1-4) Steps back with sweeps x 3, back, hold

1&a (1) Step back on L, (&a) sweep R from front to back 6.00
2&a (2) Step back on R, (&a) sweep L from front to back 6.00
3&a (3) Step back on L, (&a) sweep R from front to back 6.00

4& (4) Step back on R (&) hold 6.00

TAG: There is a 4 counts tag after wall 5.

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