

Cry Your Heart Out

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Noel Bradey (AUS) - November 2010
音乐: Don't Cry Your Heart Out - Amy Diamond : (CD: Still Me Still Now)



Dance Starts: On Vocals after 68 Count Introduction

[1-8] Fwd, Lock, Fwd, ½ Hitch, Fwd, Lock, Fwd, ¼ Hitch

- 1-4 Step R fwd, Lock/step L up behind R, Step R fwd, Turn 180° right on R hitching L (6:00)
5-8 Step L fwd, Lock/step R up behind L, Step L fwd, Turn 90° left on L hitching R around (3:00)

[9-16] Cross, Side, Behind, Sweep, Sailor Half Turn, Hold

- 1-4 Cross/step R over L, Step on L to left side, Cross/step R behind L, Sweep L around front to side
5-8 Cross/step L behind right starting 180° turn left, Finish 180° turn left stepping on R to right side, Replace weight to L, Hold (9:00)

[17-24] Cross, Side, Behind Replace, Kick Diagonal, Back, Replace, Hold

- 1-4 Cross/step R over L, Step L to left side, Rock/step back on R diagonally behind L, Replace wt to L (11:00)
5-8 Kick R fwd to right diagonal, Rock/step back on R, Replace wt to L, Hold (11:00)

[25-32] Fwd, ½ Pivot, Fwd, Touch, Rolling 1 ¼ Turn To Left

- 1-4 Step R fwd, Pivot turn 180° left (wt L), Step R Fwd, Touch L beside R (5:00)
5-8 Turn 3/8 left stepping L fwd, Turn 180° left stepping R back, Turn 180° left stepping L fwd, (12:00) Scuff R fwd

RESTART: On wall 4, Dance to count 32 and restart from the beginning (you will be facing 3:00 Wall)

[33-40] Fwd, Replace, ½ Turn Fwd, Replace, Back Coaster, Hold

- 1-4 Rock/step fwd onto R, Replace weight to L, Turn 180° right to rock/step R fwd, Replace weight L (6:00)
5-8 Step R back, Step L beside R, Step R fwd, Hold

[41-48] Fwd, Replace, ½ Replace, Full Turn Left, Hold

- 1-4 Rock/step fwd onto L, Replace weight to R, Turn 180° left to rock/step L fwd, Replace weight R (12:00)
5-8 Turn 90° left stepping L fwd, Turn 180° left stepping R back, Turn 90° left stepping L to left, Hold (12:00)

[49-56] Rock Behind, Replace, Side, Hold, Weave Behind, Side, Cross, Side

- 1-4 Cross/rock R behind L, Replace weight to L, Step on R to right side, Hold
5-8 Cross/step L behind R, Step on R to right side, Cross/step L over R, Step R to right side

[57-64] Rock Behind, Replace, Side, Hold, Behind, ¼ Fwd, Fwd, Fwd

- 1-4 Cross/rock L behind R, Replace weight to R, Step on L left side, Hold
5-8 Cross/step R behind R, Turn 90° left stepping L fwd, Step R fwd, Step L fwd (9:00)

Restart Dance In New Direction

Dance ENDS: On Wall 10 (starts on 12:00 Wall), Dance to Count 24, Then 3/8 turn right straightening to front wall stepping R back, Step L beside R, Step R to right side