

# Laugh And Cry

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Gaye Teather (UK) - May 2012  
音乐: Laugh and Cry - Michael Learns to Rock : (CD: Michael Learns To Rock.)



8 count intro - Dance rotates in CCW direction

**Step. Forward rock. Shuffle back. Quarter turn Right sway. Sway. Chasse Right**

- 1 – 3      Step forward on Right. Rock forward on Left. Recover onto Right
- 4&5      Step back on Left. Step Right beside Left. Step back on Left
- 6 – 7      Quarter turn Right stepping Right to Right side and swaying hips Right. Sway Left (Facing 3 o'clock)
- 8&1      Step Right to Right side. Step Left beside Right. Step Right to Right side

**Cross rock. Sailor quarter turn Left. Prissy walks forward x 2. Shuffle forward**

- 2 – 3      Cross rock Left over Right. Recover onto Right
- 4&5      Quarter turn Left crossing Left behind Right. Step Right beside Left. Step forward on Left (Facing 12 o'clock)
- 6 – 7      Step Right forward and slightly across Left. Step Left forward and slightly across Right
- 8&1      Step forward on Right. Step Left beside Right.\* Step forward on Right

**\*Restart here during wall 4 (the final step of the shuffle becomes step 1 of the dance) (Facing 3 o'clock)**

**Step. Pivot quarter turn Right. Cross. Side. Behind. Quarter turn Right shuffle. Forward Mambo**

- 2&3      Step forward on Left. Pivot quarter turn Right. Cross Left over Right
- 4 – 5      Step Right to Right side. Cross Left behind Right
- 6&7      Quarter turn Right stepping forward on Right. Step Left beside Right. Step forward on Right (Facing 6 o'clock)
- 8&1      Rock forward on Left. Recover onto Right. Step back on Left

**Sweep back. Sweep. Back. Behind-side-cross. Side. Quarter turn Right. Step**

- &2      Sweep Right from front to back. Step back on Right
- &3      Sweep Left from front to back. Step back on Left
- 4&5      Cross Right behind Left. Step Left to Left side. Cross Right over Left
- 6 – 8      Step Left to Left side. Quarter turn Right placing weight onto Right. Step forward on Left (Facing 9 o'clock)

**Start again**

**\*\*Tag: At the end of wall 7 (Facing 6 o'clock) add the following 4 counts and then start from beginning**

**Right Rocking chair**

- 1 – 4      Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left