Cry Myself to Sleep

拍數: 32　　　　牆數: 4　　　　級數: Intermediate

編舞者: Jo Rosenblatt (AUS) - April 2016

音樂: Cry Myself to Sleep (feat. Jay Neilson) - Tami Neilson : (Album: The Kitchen Table Sessions)

Start:☐16 count intro, Start on "…hello ..", weight on left foot

Back, Drag, Tog, Back, Drag, Tog, Side, Rock, ½Turn, ½Turn, Rock

1 2&	Step back on R, Drag L back towards right, Step L beside right
3 4&	Step back on R, Drag L back towards right, Step L beside right
5 6&	Step R to right, Rock onto L, Turn 180☐ right step R to right☐6
7 8	Turn 180☐ right step L to left, Rock onto R☐12

Behind, Hold, Side, Cross, Sweep, Cross, Side, Behind, Side, Cross, Unwind

1 2&3	Step L behind R, Hold, Step R to right, Cross L over R,
4	Sweep R around in front of left - drag your toes along the floor as you sweep your leg around
5&6&	Cross R over left, Step L to left, Step R behind left, Step L to left
7 8	Touch R across in front of left, Unwind 270☐ left placing weight on L *****☐3

Fwd, Rock, ¼Turn, Step, Pivot, Tog, Fwd, Rock, ½Turn, Spin, Fwd

1 2&	Step R fwd, Rock back onto L, Turn 90☐ right step R fwd☐6
3 4&	Step L fwd, Turn 180☐ right step R fwd, Step L beside right☐12
5 6&	Step R fwd, Step back on L, Turn 180☐ left step R fwd☐6
7	Step L fwd spinning 360☐ over right shoulder hooking right foot under left knee☐6
8	Step R fwd

Side, Behind, Cross, ¼Turn, ¼Turn, Cross, Side, Behind, Cross, ¼Turn, Drag

1 2&	Large step L to left, Step R behind left, Cross L in front of right
3 4&	Turning 90☐ left step R back, Turning 90☐ left step L to left, Cross R over left☐12
5 6&	Large step L to left, Step R behind left, Cross L in front of right
7 8	Turn 90☐ left step R back, Drag L back beside right☐9

TAG: At the end of Wall 6: Add a Reverse Rocking Chair☐
Step R back, Rock fwd on L, Step R fwd, Rock back on L☐

FINISH:☐Wall 7: At Count 16 ****
Replace the 270☐ Unwind with a 180☐ unwind to finish at the front wall.☐

Free to be copied provided no changes are made to the original choreography.
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