

Crying My Heart Out

COPPERKNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mawayani (NL) - November 2016
音樂: I'm Crying My Heart Out Over You (with Billy Forrest) - Ray Dylan



Intro : 32 counts

S1: LOCKSTEP, TOUCH, DIG.STEP LEFT, TOUCH, DIG. STEP RIGHT, TOUCH BEHIND

1 RF step fwd
2 LF lock behind RF
3 RF step fwd
4 LF touch next to RF
5 LF step diagonal left fwd
6 RF touch next to LF
7 RF step diagonal right fwd
8 LF touch behind RF

S2: BEHIND, BEHIND, CROSS OVER, BEHIND, ¼ STEP LEFT, PADDLE ¼ TURN LEFT, STEP FWD

1 LF step diagonal bwd
2 RF step bwd (12)
3 LF cross over RF
4 RF step bwd
5 LF ¼ turn left, step to left side
6 RF step fwd
7 L+R ¼ turn left
8 RF step fwd

S3: STEP FWD, HOLD & STEP FWD, ROCK, RECOVER, ¼ TURN RIGHT CHASSE, CROSS OVER

1 LF step fwd
2 hold
& RF close next to LF
3 LF step fwd
4 RF rock fwd
5 LF recover
6 RF ¼ turn right, step to right side
& LF step next to RF
7 RF step to right side
8 LF cross over RF

S4: STEP RIGHT, CROSS BEHIND, ¼ RIGHT, ROCK, RECOVER, ½ TURN LEFT FWD, STEP FWD, HOLD

1 RV step to right side
2 LV cross behind RF
3 RV ¼ turn right, step fwd
4 LV rock fwd
5 RV recover
6 LV ½ turn left, step fwd
7 RV step fwd
8 hold

S5: HIP BUMPS, TOUCH, FULL TURN RIGHT, TOUCH

1 LV hip left
2 RV hip right

- 3 LV hip left
- 4 RV touch next to LF
- 5 RV ¼ turn right, step to right side
- 6 LV ½ turn right, step bwd
- 7 RV ¼ turn right, step to right side
- 8 LV touch next to RF

S6: ROCK, RECOVER, ½ TURN LEFT, HOLD,+ ROCK, RECOVER, ¼ TURN RIGHT, HOLD

- 1 LF rock fwd
- 2 RF recover
- 3 LF ½ turn left, step fwd
- 4 hold
- 5 RF rock fwd
- 6 LF recover
- 7 RF ¼ turn right, step fwd
- 8 hold

S7: LOCKSTEP, TOUCH, ¼ PADDLE TURN LEFT, ¼ PADDLE TURN LEFT

- 1 LF step fwd
- 2 RF lock behind LF
- 3 LF step fwd
- 4 RF touch next to LF
- 5 RF step fwd
- 6 R+L ¼ turn left
- 7 RF step fwd
- 8 R+L ¼ turn left

S8: LOCK STEP, ¼ RIGHT SCUFF, STEP FWD, ½ TURN RIGHT, STEP FWD, HOLD

- 1 RF step fwd
- 2 LF lock behind RF
- 3 RF step fwd
- 4 LF ¼ turn right, scuff
- 5 LF step fwd
- 6 L+R ½ turn right
- 7 LF step fwd
- 8 hold

Start over

Ending: dance the first two blocks

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