

Cry To Me

拍數: 72 牆數: 2 級數: Low Intermediate
編舞者: Maggi Okle-Edwards - January 2018
音樂: Cry to Me - Precious Wilson : (Album: Greatest Hits)



Dance begins after 15 seconds, on text

SECTION 1: Rock Back, Shuffle L, Shuffle R, Side Rock Cross

1-2 Left back, reover, weight on right,
3&4 Step left forward, step right beside left, step left fwd
5&6 Step right forward, step left beside right, right forward
7&8 Step left to left side, (right heel rises and drops), cross left over right

Section 2: Side, Behind, Side ,Cross, Side, Hitch 1/4 L Turn , Hitch Right

1&2 Step right to right side, step left behind right, right to right side
3-4 Cross left over right, step right to right
5&6 Lift left knee up,turn ¼ left, facing 9 o'clock
7-8 Lift right knee up, recover

Section 3: Kick, L Coaster Step, Point, Point, Cross, Back, Back, Touch

1- Kick left forward
2&3 Step left back, right beside left, step left forward
4&5 Point to right side ,step right beside left, point left to left side
6&7 Cross left over right, small right step back, step left back (still crossed)
8 Touch left toe forward

Section 4: Sway Forward & Sway Back 2xs, Step ,Turn 1/2 L, Turn 1/2 L Step Left

1&2 Swing with hips forward,(knees bended),swing hips back
3&4 Swing with hips forward,(knees bended), swing hips back
5-6 Step right forward, turn 1/2 left on both balls facing 3 o'clock
7&8 Turn 1/2 left, stepping forward left, close right to left, facing 9 o'clock

Section 5: Side Shuffle R, Heel,Toe, Heel, Together, Cross, Side Shuffle L

1&2 Step right to right side, left beside right, step right to right side
3&4 Left heel fwdr diagonally left,recover, touch right toe back diagonally right, recover
5&6 Left heel forward diagonally left, step left beside right, cross right over left
7&8 Step left to left side, right beside left, step left to left

Section 6: Heel, Toe, Heel, Together, Cross, Side, Back, ¼ Turn L, Step

1&2 Right heel forward diagonally right, recover, touch left toe back diagonally left
3&4 Right heel forward diagonally right, step right beside left, cross left over right
5-6 Step right to right side, step left back
7&8 Turn ¼ left facing 6 o'clock, step forward right

Section 7: 1/2 Turn L, Cha Cha, Step Turn 1/2 Right, Cha Cha

1-2 Turn ½ left facing 12 o'clock
3&4 Cha cha in place R,L,R
5&6 Step left forward, turn 1/2 right, facing 6 o'clock
7&8 Cha cha in place, L,R,L

Section 8: Side Mambo Right, Side Mambo Left, Out, Out, In, In

1&2 Step right to right side,(L heel rises and drops) close right next to left

- 3&4 Step left to left,(right heel rises and drops) close left next to right
5-6 Step right forward diagonally right, step left forward diagonally left
7-8 Step back right,step left back beside right

Section 9: Out ,Out, Knee Swivel Right, Knee Swivel Left ,Side Shuffle Right

- 1-2 Step right forward diagonally right, step left forward diagonally left
3-4 On right toes turn right knee (slightly bended) towards right side and to middle again
5-6 On left toes toes turn left knee (slightly bended) towards left side and to middle again
7&8 Step right to right side, left beside right, step right to right side

Start again!

Note: Heels or toe fans can be used as a intro, before the text begins
Any comments Contact : magslinedance@outlook.com

Last Update – 23rd Jan. 2018
