

Cry me (A River)

COPPER KNOB
BY STEPHEN BRETZ

拍數: 48 牆數: 2 級數: Intermediate NC2S
編舞者: Charles Alexander (SWE) - October 2018
音樂: Cry Me A River (Recorded at Metropolis Studios, London) by Nina Nesbitt



Music Available on Spotify (5.00 min)

Intro: 8 counts, approx. 8 sec – 61 bpm

[1 – 8] SIDE ROCK & CROSS, CROSS-SIDE-BEHIND, BEHIND, 1/4 TURN, STEP, STEP, 1/2 TURN, STEP, 1/2 TURN

1&2 Rock R to side. Recover onto L. Cross R over L sweeping L foot from back to front.
3&4 Cross L over R. Step R to Side. Step L behind R Sweeping R from front to back.
5&6 Step R behind L. Make 1/4 turn left and step L forward. Step R forward. [9:00]
7&8& Step L forward. Make 1/2 turn right shifting weight to R. Step L forward. Make 1/2 turn right shifting weight to R.

[9 – 16] FULL SPIRAL TURN, STEP W/ LIFT, MAMBO SLIDE, BACK, 1/2 TURN, STEP, STEP, TURN 1/4, CROSS, SIDE

1-2 Step L forward and make a full spiral turn over right shoulder. Step R forward slightly flicking left foot back.
3&4 Rock L forward. Recover onto R. Step L back sliding R towards left foot.
5&6 Step R back. Make 1/2 turn left and step forward L. Step R forward. [3:00]
7&8& Step L forward. Make 1/2 turn right shifting weight to R. Cross L over R. Step R to side. [6:00]

[17 – 24] BACK ROCK, RECOVER, SIDE (x2), BEHIND-SIDE-CROSS W/ HITCH, BACK W/ SWEEP, BACK ROCK, RECOVER

1-2& Rock L back. Recover onto R. Step L to side.
3-4& Rock R back. Recover onto L. Step R to side.
5&6 Step L behind R. Step R to side. Cross L over R slightly hitching right leg.
7-8& Step R back and sweep L from front to back. Rock L back. Recover onto R.

[25 – 32] SIDE, BEHIND, 1/4 TURN, SIDE, BEHIND, SIDE, STEP, 1/2 CHASE TURN, 3/4 SPIRAL TURN

1-2& Step L to side. Step R behind L. Make 1/4 turn left and step L forward. [3:00]
3-4& Step R to side. Step L behind R. Step R to side.
5-6&7 Step L forward. Step R forward. Make 1/2 turn left shifting weight to L. Step R forward (Prep!). [9:00]
8 Step L forward and make a 3/4 spiral turn over right shoulder. [6:00]

[33 – 40] 1/2 DIAMOND FALLAWAY, RIGHT BASIC, FULL MONTEREY TURN

1-2& Step R to side. Make 1/8 turn left and step L back. Step R back. [4:30]
3-4& Make 1/8 turn left and step L to side. Make 1/8 turn left and step R forward. Step L forward. [1:30]
5-6& Make 1/8 turn left and step R to side. Step L slightly behind R. Cross R over L. [12:00]
7-8& Point L to side (Prep!). Make a full turn over left shoulder bringing L beside R. Take weight onto L.

[41 – 48] 1/2 DIAMOND FALLAWAY, RIGHT BASIC, FULL MONTEREY TURN

1-8 Repeat steps 33-40. [End facing 6:00] Weight is on your left.

The dance finishes naturally towards the 12:00 wall.

Slow down with the music to the three beats doing count 47-48-1 (Point, Full Monterey, Side.)

