

All Cried Out

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Margaret Murphy (AUS) - March 2022
音樂: All Cried Out - Alison Moyet



Introduction: 16 counts – One Restart – 1 +1/2 Turns can be replaced with ½ turns stepping RLRL (2/4 walls)

NC Basic R, NC Basic L, Rock R Fwd. Replace, 1 ½ triple Right

1-2& Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place
3-4& Long step LF to L side, drag RF to L, step/rock back onto LF, step LF in place
5-6 Rock/step Fwd. onto RF, replace weight onto LF
7&8& 1½ Triple turn Right, stepping RLRL (Option: ½ turn R, stepping RLRL)6.00

NC Basic R, NC Basic L, ¼ Left, RockFwd, Replace, 1 ½ Right

1-2& Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place
3-4& Long step LF to L side, L drag RF behind L as you ¼ turn, stepping fwd onto LF
5-6 Rock/step Fwd. onto RF replace weight onto LF
7&8& 1½ turn Triple turn Right, stepping RLRL(Option: ½ turn R, stepping RLRL) 9.00

NC Basic R, NC Basic L, Rock Fwd/Back, Step R Lock Back, Step back, Rock Back/Replace, Step Lock Fwd. Right

1-2& Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place
3-4& Long step LF to L side, drag RF to L, step/rock back onto LF, step LF in place
5-6 Rock/Step Fwd onto RF, replace onto LF
7&8& Step RF back, Lock LF in front of R, step back on RF, step LF Back, RLRL(9.00)

Rock/Step Back, Right, replace weight onto LF, Lock Step Fwd, Rock Replace ¼ Left Sailor Touch R.

1-2 Rock/step back onto RF, replace weight onto LF
3&4 Step RF fwd, & lock LF up behind RF, step fwd onto RF
5-6 Rock/step Fwd onto LF, replace weight onto RF
7&8& ¼ Left Sweeping LF behind RF. Step onto LF, step RF to R side, step LF to L side, (Sailor step) Touch RF beside LF.(6.00)

There is one restart: Starting wall 3 at 12.00, Dance 20 counts, and restart facing 9.00, now dancing to side walls.

I hope you enjoy this dance, a bit different to my usual, No hips lol. M.M.