

Cry Myself to Sleep

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - October 2023
音樂: Cry Myself To Sleep - Wynonna & Trisha Yearwood



Intro: 32 counts, start with weight on L
Restart on wall 3 after 8 counts, facing 6:00

S1 (1-8) POINT R FWD, R SIDE, R FWD, R SIDE, R JAZZ-BOX-CROSS

1-4 Point R forward (1), point R side (2), point R forward (3), point R side (4)

5-8 Cross R over (5), step L back (6), step R back (7), cross L over (8)

Restart here on wall 3, facing 6:00

S2 (9-16) SYNCOPATED K-STEP

1-2&3-4 Step R diagonally forward (1), touch L together (2), step L diagonally back (&), touch R together (3), hold (4)

5-6&7-8 Step R diagonally back (5), touch L together (6), step L diagonally forward (&), touch R together (7), hold (8)

S3 (17-24) BACK STEP-TOUCHES R-L, ¼ R TURNING SAILOR, L FWD SHUFFLE

1-4 Step R back (1), touch L together (2), step L back (3), touch R together (4) (zigzag back)

5&6-7&8 Cross R behind and turn ¼ R (5), step L side (&), step R forward (6), step L forward (7), step R together (&), step L forward (8)

S4 (25-32) R ROCKING CHAIR, STEP R SIDE, L TOGETHER. STEP R SIDE, L TOGETHER

1-4 Rock R forward (1), recover to L (2), rock R back (3), recover to L (4)

5-8 Step R side (5), step L together (6), step R side (7), step L together (8)

Repeat

Restart on wall 3, after 8 counts, facing 6:00

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