

Try Not To Cry

拍數: 48 牆數: 4 級數: Improver
編舞者: Daisy Simons (BEL) - October 2023
音樂: Try Not to Cry - Soulsister



Intro: 32 counts. Start on the word "Goodbye"

Section 1: SIDE, TOGETHER, SHUFFLE FWD R, L

1-2 Step R to right side, step L next to R
3&4 Step R forward, step L next to R, step R forward
5-6 Step L to left side, step R next to L
7&8 Step L forward, step R next to L, step L forward

Section 2: CROSS ROCK, RECOVER, CHASSE R, CROSS ROCK, RECOVER, CHASSE 1/4 TURN L

1-2 Rock R cross over L, recover weight to L
3&4 Step R to right side, step L next to R, step R to right side
5-6 Rock L cross over R, recover weight to R
7&8 Step L to left side, step R next to L, step L ¼ turn left forward (9:00)

***Restart in wall 3 (3:00)

Section 3: CROSS, SIDE, SAILORSTEP, CROSS SIDE, SAILORSTEP 1/4 TURN L

1-2 Cross R over L, step L to left side
3&4 Cross R behind L, step L to left side, step R to right side
5-6 Cross L over R, step R to right side
7&8 Step L ¼ turn left behind R, step R to right side, step L forward (6:00)

***Restart in wall 7 (12:00)

Section 4: ROCK FWD, RECOVER, SHUFFLE 1/2 TURN R x2, ROCK BACK, RECOVER

1-2 Rock R forward, recover weight to L
3&4 Step R ¼ turn right, step L next to R, step R ¼ turn right forward
5&6 Step L ¼ turn right, step R next to L, step L ¼ turn right back (6:00)
7-8 Rock R back, recover weight to L

Section 5: R SAMBA, STEP FWD, POINT R SAMBA, STEP FWD, POINT

1&2 Cross R over L, step L to left side, recover weight to R
3-4 Step L forward, point R to right side
5&6 Cross R over L, step L to left side, recover weight to R
7-8 Step L forward, point R to right side

Section 6: ROCK FWD, RECOVER, COASTERSTEP, PIVOT 1/4 TURN R, CROSS SHUFFLE

1-2 Rock R forward, recover weight to L
3&4 Step R back, step L next to R, step R forward
5-6 Step L forward, ¼ turn right (9:00)
7&8 Cross L over R, step R to right side, cross L over R

Start again.

Restart:

in wall 3 after 16 counts (3:00)

in wall 7 after 24 counts (12:00)

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