

Crying For No Reason

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Val O'Connor (UK) - March 2014
音樂: Crying for No Reason - Katy B : (Single)



**** Thanks Again To Gillian Sutton For Music Suggestion ****

INTRO: 16 COUNTS (APPROX 9 SECS) START DANCE JUST BEFORE VOCALS

SIDE BEHIND SIDE ROCK, BEHIND SIDE CROSS 1/4 R

1-2-3-4 Step R to R side, cross L behind R, rock out to R side, recover weight onto L
5-6-7-8 Cross R behind L, step L to L side, cross R over L, turn 1/4 R stepping back on L (3)

R ROCK BACK, FULL TURN L, R FORWARD ROCK, BACK R SWEEP L

1-2-3-4 Rock back on R recover weight on L, turn 1/2 L stepping back on R, 1/2 turn L stepping forward L
5-6-7-8 Rock forward on R recover weight back on L, step back R, sweep L from front to back

LEFT BEHIND R, 1/4 R, L SIDE ROCK, CROSS L OVER R, 1/4 L, L SIDE ROCK

1-2-3-4 Cross L behind R, turn 1/4 R stepping forward on R, rock L to L side recover weight on R (6)
5-6-7-8 Cross L over R, turn 1/4 L stepping back on R, rock L to L side recover weight on R (3)

(FIGURE 8) SIDE BEHIND 1/4 L, STEP 3/4 L, SIDE BEHIND 1/4 R

1-2-3-4 Step L to L side, R behind L, 1/4 L stepping forward on L, step forward on R (12)
5-6-7-8 1/2 L stepping forward on L, 1/4 L stepping R to R side, cross L behind R, 1/4 R stepping forward R (6)

L FORWARD ROCK, 1/4 L, R FORWARD ROCK, R SLOW COASTER STEP

1-2-3-4 Rock forward on L , recover weight on R, turn 1/4 L stepping L to L side, rock forward on R (3)
5-6-7-8 Recover weight back on L, step back R, step L next to R, step forward R

CROSS L POINT R, R ROCK BACK, 1/2 L, CROSS R POINT L

1-2-3-4 Cross L over R, point R to R side, rock back R behind L, recover weight forward on L
5-6-7-8 Turn 1/4 L stepping back on R, turn 1/4 L stepping L to L side, cross R over L, point L to L side (9)

BACK L SWEEP R BACK R SWEEP L, L BEHIND, 1/4 R, STEP L, BRUSH R FORWARD

1-2-3-4 Step back on L, sweep R from front to back, step back on R, sweep L from front to back
5-6-7-8 Cross L behind R, turn 1/4 R stepping forward R, step forward on L, brush R forward (12)

(RESTART WALL 2)

R FORWARD ROCK, 1/2 R, 1/4 R, R BEHIND, 1/4 L, FULL TURN L

1-2-3-4 Rock forward on R, recover weight back on L, turn 1/2 R stepping forward R, 1/4 R step L to L side (9)
5-6-7-8 Cross R behind L, turn 1/4 L stepping forward on L, 1/2 L stepping back R, 1/2 L stepping forward L (6)

END OF DANCE

THERE IS 1 RESTART DURING 2ND WALL AFTER COUNT 56 THEN START DANCE FROM BEGINNING

ENJOY X

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