

Crying For No Reason

拍數: 64 牆數: 2 級數: Advanced
編舞者: Maggie Gallagher (UK) - February 2014
音樂: Crying for No Reason - Katy B



16 Counts (just before vocals). On the first two walls there is no beat, dance through and the beat will kick in on wall 3

S1: STEP, ROCK, ROCK, BACK CROSS BACK, DRAG & WALK

1-2-3 On slight right diagonal step forward right, Rock forward on left, Recover on right [1:30]
4&5-6 Step back on left, Cross right over left, Big step back on left, Drag right to meet left
&7 Step right next to left, Walk forward on left

S2: R LOCK STEP, STEP, ½ PIVOT, CROSS ¼, ½, ¼ SWAY R, SWAY L, BACK

8&1 Step forward right, Lock left behind right, Step forward right [still at 1:30]
2-3 Step forward left, ½ pivot right [7:30]
4& Cross left over right opening body to straighten up to 6:00, ¼ left stepping back right [3:00]
5-6 ½ left stepping forward on left [9:00], ¼ left swaying right to right side [6:00]
7-8 Sway left to left side, Small step back right

S3: CROSS BACK FWD, WALK R, L, ANCHOR STEP, BACK L, BACK R

1&2 Cross left over right, Step back on right, Step slightly forward on left
3-4 Walk forward right, Walk forward left
5&6 Lock right behind left, Step left in place, step back on right
7-8 Walk back left, Walk back right

S4: L COASTER, ¼ SWEEP, CROSS OUT OUT, STEP, ½ SWEEP, CROSS

1&2 Step back on left, Step right next to left, Step forward left
3-4&5 ¼ left ronde sweep right foot round, Cross right over left, Step out to left, Step out on right [3.00]
6-7 Step forward left, ½ left ronde sweep right toe round
8 Cross right over left [9.00]

S5: L LUNGE, BEHIND SIDE CROSS, R LUNGE, BEHIND ¼, ¼

1-2 On left diagonal press and lunge forward on left, Recover on right
3&4 Cross left behind right, Step right to right side, Cross left over right
5-6 On right diagonal press and lunge forward on right, Recover on left
7&8 Cross right behind left, ¼ left stepping on left, ¼ left stepping to right side [3.00]

S6: BEHIND ¼ ¼, ROCK BACK, SIDE TOGETHER, R CHASSE

1&2 Cross left behind right, ¼ right stepping forward on right, ¼ right stepping out to left side [9.00]
3-4 Rock back on right, Recover on left
5-6 Step right to right side, Step left next to right
7&8 Step right to right side, Step left next to right, Step right to right side

S7: BUMP, BUMP, STEP TURN STEP, WALK R, L, 1/4, CROSS

1-2 Bump back on left popping right knee, Bump forward on right popping left knee
3&4 Step forward left, ½ pivot right, Step forward left [3.00]
5-6 Walk right, Walk left
7-8 ¼ pivot right, Cross left over right [6:00] *Restart Walls 2,4,6

S8: KICK BALL CROSS, SIDE, DRAG BALL CROSS, SIDE ROCK/REC CROSS, SIDE TOGETHER

1&2 Kick right forward, Step right next to left, Cross left over right
3-4 Big step to right side, Drag left to meet right
&5 Step on to ball of left, Cross right over left,
6&7 Rock out to left, Recover on right, Cross left over right
8& Step right to right side, Step left next to right

***RESTARTS: At the end of Walls 2,4 & 6 drop the last 8 counts (S8). All Restarts are facing 12:00**

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Last Update - 14th March 2014
