

# Cry Your Heart Out

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Charles & Sandra (UK) - May 2014  
音樂: Cry Your Heart Out - Olly Murs : (Album: Right Place Right Time)



Intro: 16 counts

**(Section 1) ¼ hold, Step ½, Step, Hold, Ball step, step**

1 2      Make ¼ turn Right stepping fwd on Right, Hold □3:00  
3 4      Step fwd on left, pivot ½ turn Right □9:00  
5 6      Step fwd on Left, Hold  
&7 8      Close Right beside left, Step fwd Left, Step Fwd Right

**(Section 2) Kick ball slide, ¼ toe turn, touch, sweep, hook, slide, ½ turn**

1&2      Kick Left Fwd, touch Left beside Right, slide Right toe back  
3 4      Make ¼ turn Right transferring weight onto right, touch Left toe fwd □12:00  
5&6      Sweep Left from front to back, Hook left behind Right knee, Slide Left down to floor  
7&8      Hold, Unwind ½ turn Left bouncing heels twice (weight on left) □6:00

**(Section 3) Step 1/8, step3/8, side, hold, together, rock recover**

1 2      Make 1/8 turn left stepping Right to diagonal as you roll hips, step Left together □4:30  
3 4      Make 3/8 turn left stepping Right to diagonal as you roll hips, step left together □12:00  
5 6      Step Right to Right side, Hold  
&7 8      close Left beside right, Rock out to right side, recover on left

**(Section 4) Cross, unwind, side, dip, recover, behind, ¾ turn, point hitch cross**

1 2      Cross Right over Left, Unwind full turn left  
3&4      Step Right to right side, Dip down bending knees, straighten up, (Weight on Left)  
5&6      Cross right behind left, Unwind ¾ Right bouncing heels twice □9:00  
7&8      Point Left to Left side, Hitch Left, Cross Left over Right

**(Section 5) Shuffle, step ½, full triple turn, step shuffle**

1&2      Step fwd Right into diagonal, Close left to Right, Step fwd Right □11:30  
3 4      Step fwd left, pivot ½ Right □4:30  
5&6      ½ turn Right stepping back on Left, ½ to Right stepping fwd on Right, Step fwd on Left □4:30  
7      Step fwd Right  
8&1      Make ¼ turn left stepping fwd on Left, close Right to Left, make ¼ turn Left stepping fwd □11:30

**(Section 6) Cross, ¼, Cross back, coaster step, step**

2 3      Cross right over left straightening up to side wall, make ¼ turn left stepping fwd on left □6:00  
4 5      Cross right over left, step back on Left  
6&7      Step Right Foot Back, Step Left Together, Step Right Fwd  
8      Step fwd Left

Tag: danced at the end of wall 3

1 2      step ½ pivot Left

Bridge: On wall 5 dance the first 16 counts then add the following 4 counts:-  
(jazz box) and continue on from section 3

1 2      Cross Right over Left, Step Back on Left  
3 4      Step Right to right side, Step fwd Left

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