

Cry Your Heart Out

COPPER KNOB
STEPSHEETS

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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