

Cry Myself to Sleep

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jo Rosenblatt (AUS) - April 2016

Music: Cry Myself to Sleep (feat. Jay Neilson) - Tami Neilson : (Album: The Kitchen Table Sessions)



Start: □ 16 count intro, Start on "...hello ..", weight on left foot

Back, Drag, Tog, Back, Drag, Tog, Side, Rock, ½Turn, ½Turn, Rock

- 1 2& Step back on R, Drag L back towards right, Step L beside right
- 3 4& Step back on R, Drag L back towards right, Step L beside right
- 5 6& Step R to right, Rock onto L, Turn 180 □ right step R to right □ 6
- 7 8 Turn 180 □ right step L to left, Rock onto R □ 12

Behind, Hold, Side, Cross, Sweep, Cross, Side, Behind, Side, Cross, Unwind

- 1 2&3 Step L behind R, Hold, Step R to right, Cross L over R,
- 4 Sweep R around in front of left - drag your toes along the floor as you sweep your leg around
- 5&6& Cross R over left, Step L to left, Step R behind left, Step L to left
- 7 8 Touch R across in front of left, Unwind 270 □ left placing weight on L ***** □ 3

Fwd, Rock, ¼Turn, Step, Pivot, Tog, Fwd, Rock, ½Turn, Spin, Fwd

- 1 2& Step R fwd, Rock back onto L, Turn 90 □ right step R fwd □ 6
- 3 4& Step L fwd, Turn 180 □ right step R fwd, Step L beside right □ 12
- 5 6& Step R fwd, Step back on L, Turn 180 □ left step R fwd □ 6
- 7 Step L fwd spinning 360 □ over right shoulder hooking right foot under left knee □ 6
- 8 Step R fwd

Side, Behind, Cross, ¼Turn, ¼Turn, Cross, Side, Behind, Cross, ¼Turn, Drag

- 1 2& Large step L to left, Step R behind left, Cross L in front of right
- 3 4& Turning 90 □ left step R back, Turning 90 □ left step L to left, Cross R over left □ 12
- 5 6& Large step L to left, Step R behind left, Cross L in front of right
- 7 8 Turn 90 □ left step R back, Drag L back beside right □ 9

TAG: At the end of Wall 6: Add a Reverse Rocking Chair □

Step R back, Rock fwd on L, Step R fwd, Rock back on L □

FINISH: □ Wall 7: At Count 16 ****

Replace the 270 □ Unwind with a 180 □ unwind to finish at the front wall. □

Free to be copied provided no changes are made to the original choreography.
Jo Rosenblatt 0417 074218 errolandjo@bigpond.com