

Cradle Days

Count: 48

Wall: 2

Level: High Beginner Waltz

Choreographer: Alexis Strong (UK) - January 2019

Music: Pal of My Cradle Days - Ann Breen



(Alternative Music Pal Of My Cradle Days By Michael English)

Start On Vocals (What A Friend)

[1-6] LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.

1,2,3 Cross L Over R (2) Rock R To R (2) Recover On L (3)
4,5,6 Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 3:00

[7-12] CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .

1,2,3 Cross L Over R (1) Rock R To R (2) Recover On L (3)
4,5,6 Cross R Behind L (4) Rock L To L (5) Recover On R (6)

[13-18] LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.

1,2,3 Cross L Over R (2) Rock R To R (2) Recover On L (3)
4,5,6 Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 6:00

[19-24] CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .

1,2,3 Cross L Over R (1) Rock R To R (2) Recover On L (3)
4,5,6 Cross R Behind L (4) Rock L To L (5) Recover On R (6)

[25-30] WEAVE RIGHT, RIGHT DRAG TOGETHER.

1,2,3 Cross L Over R (1) Step R To R (2) Cross L Behind R (3)
4,5,6 Large Step R (4) Drag L To R (5) Touch L To R (6)

[31-36] ROLLING GRAPEVINE FULL TURN LEFT, RIGHT TWINKLE

1,2,3 Making 1/4 Turn L, Step L (1) Making 1/2 Turn L, Step R (2) Making 1/4 Turn L, Step L (3)
6:00
4,5,6 Cross R Over L (4) Rock L To L (5) Recover On R (6)

[37-42] LEFT TWINKLE, WEAVE LEFT.

1,2,3 Cross L Over R (1) Rock R To R (2) Recover On L (3)
4,5,6 Cross R Over L (4) Step L To L (5) Cross L Behind R (6)

[43-48] LEFT DRAG TOGETHER, ROLLING GRAPEVINE RIGHT.

1,2,3 Large Step L (1) Drag R To L (2) Touch R To L (3)
4,5,6 Making 1/4 Turn R, Step R (4) Making 1/2 Turn R, Step L (5) Making 1/4 Turn R, Step R
Side.

Enjoy

This is dedicated to my Nan, It was her all time favourite song xxx

Last Update – 17 Jan. 2019