

# Tears on My Pillow

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Wanda Heldt (AUS) - December 2009

Music: Tears on my Pillow - Kapena : (Album: I'll Build you a Rainbow)



## S1. POINT STEPS [SYNCOPTION]

- 1&2 Touch Right toe forward, Step Right next to Left, Touch Left toe forward. \*\*\*  
&3 Step Left next to Right, Point Right toe to Right side.  
&4 Step Right next to Left, Point Left toe to Left side.  
&5 Step Left next to Right, Touch Right toe forward. \*\*  
&6 Step Right next to Left, Touch Left toe forward.  
&7 Step Left next to Right, Point Right toe to Right side.  
&8 Step Right next to Left, Point Left toe to Left side.

**\*\* Alternate steps...for counts 5-8**

### STEP, CROSS SHUFFLE, ROCK, RECOVER, TOUCH

- & Step left behind Right.  
5&6 Cross Right over Left, Step Left, Cross Right over Left.  
7&8 Rock Left, Recover on Right, Touch Left toe next to Right.

## S2. 1/4 TURN RIGHT HITCH, SIDE SHUFFLE, 1/2 TURN LEFT SIDE SHUFFLE, CHARLESTON STEPS

- &1&2 Replace weight on Left turn 1/4 Right with a slight R.hitch, Stepping Right, Left, Right. [3:00]  
3&4 1/2 turn Left on balls of Right, Stepping Left, Right, Left. [9:00]  
5-6 Touch Right toe forward Step back on Right.  
7-8 Touch Left toe back, Step forward on Left.

## S3. CHARLESTON STEPS, RIGHT HEEL JACK, LEFT HEEL JACK

- 1-2 Touch Right toe fwd, Step back on Right.  
3-4 Touch Left toe back, Step Left next to Right.  
5&6 Cross Right over Left, Step back on Left, Touch Right Heel Forward.  
&7&8 Step back on Right, Cross Left over Right, Step back on Right, Touch Left heel forward.

## S4. STEP, RIGHT BACK MAMBO, LEFT BACK MAMBO, RIGHT BACK LOCK STEP, 1/4 LEFT SAILOR STEP

- &1&2 Step on to Left, Step back on Right, Recover on Left, Step Right next to Left.  
3&4 Step back on Left, Recover on Right, Step Left next to Right.  
5&6 Step back on Right, Step left over Right, Step back on Right.  
7&8 Cross Left behind Right, 1/4 Turn Left Step out on to Right, Step out on to Left. [3:00]

**Restart ..... Have Fun In Life & In Dance**

**\*8 Count.. TAG.... End of Wall 5 facing 6:00**

### ROCK, RECOVER, FULL TRIPLE TURN

- 1-2,3&4 Rock forward on Right, Recover on Left, Full Triple turn Right, stepping R.L.R.  
5-6,7&8 Rock forward on Left, Recover on Right, Full triple turn Left, Stepping L.R.L.

**\*\*\* ENDING: [Only if you wish to do so.. but No Need]**

**You will be facing 12:00 end of 10 Wall... Do count 1- 4 on Section 1. add the TAG & these 8 counts**

### BACK LOCK STEP, FULL SWEEP UNWIND

- 1&2 Step back Right, Lock left over Right, Step back Right.  
3&4 Step back Left, Lock Right over Left, Step back Left.  
5-8 Sweep the Right toe and do a slow full unwind Right on counts 5-7 and step back on Right (ct.8) with a slight dip.

