## No Crying with Foxtrot

Compte: 64

Niveau: High Beginner

Chorégraphe: V. Allen L. Isidro (USA) - April 2025 Musique: Don't Cry On My Shoulder - Sam Cooke

**Mur:** 1

Set 1 Step right, behind, side, cross, side, together, cross, hold1-4Side R - together L - cross R - hold5-8Side R - together L - cross R - holdSet 2 Step left, behind, side, cross, side, together, cross, hold1-4Side L - behind R - side L - cross R5-8Side L - together R - cross L - holdSet 3 Side, together, forever, hold, side, together, back, hold1-4Side R - together L - forward R - hold5-8Side L - together R - back L - hold5-8Side L - together R - back R - hold5-8Side L - together R - forward L - hold5-8Side L - together R - back R - recover, together, hold1-4Side R - recover, L - back R - recover5-8Side R - recover L - back R - recover5-8Side R - recover L - back R - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - recover5-8Side L - recover R - back L - Reel5-8Side L - recover R - back L - holdSet 7 Back, heel, back, heel, rock back, recover, forward, hold1-4Back R - L heel - back L - R heel5-8Rock back R - recover L - forward R - holdSet 8 Toe strut, toe strut, forward, recover, together, hold1-4Touch L toe - ball L - touch R toe - ball R5-8Forward L - recover R - together L - hold <th colspan="2">Note: Back to Basic (LDVALI School of Line Dancing) [1 or 4-walls]</th>	Note: Back to Basic (LDVALI School of Line Dancing) [1 or 4-walls]	
1-4       Side L = behind R = side L = cross R         5-8       Side L = together R = cross L = hold         Set 3 Side, together, forever, hold, side, together, back, hold         1-4       Side R = together L = forward R = hold         5-8       Side L = together R = back L = hold         Set 4 Side, together, forever, hold, side, together, back, hold         1-4       Side R = together R = back L = hold         Set 4 Side, together, forever, hold, side, together, back, hold         1-4       Side R = together L = back R = hold         5-8       Side L = together R = forward L = hold         Set 5 Rock forward, recover, back, recover, side, recover, together, hold         1-4       Forward R = recover L = back R = recover         5-8       Side R = recover L = back R = recover         5-8       Side R = recover L = back L = recover         5-8       Side L = recover R = back L = recover         5-8       Side L = recover R = back L = recover         5-8       Side L = recover R = back L = recover         5-8       Side L = recover R = back L = Rold         1-4       Forward L = recover R = back L = Rold         1-4       Back, heel, nock back, recover, forward, hold         1-4       Back R = L heel = back L = R heel         5-8       Rock back R = recover t = forward R = hold	1-4 Si	ide R – behind L – side R – cross L
1-4       Side R - together L - forward R - hold         5-8       Side L - together R - back L - hold         5-8       Side R - together L - back R - hold         1-4       Side R - together L - back R - hold         5-8       Side L - together R - forward L - hold         5-8       Side L - together R - forward L - hold         5-8       Side L - together R - forward L - hold         5-8       Side R - recover, back, recover, side, recover, together, hold         1-4       Forward R - recover L - back R - recover         5-8       Side R - recover L - together R - hold         Set 6 Rock forward, recover, back, recover, side, recover, together, hold         1-4       Forward L - recover R - back L - recover         5-8       Side L - recover R - back L - recover         5-8       Side L - recover R - together L - hold         Set 7 Back, heel, back, heel, rock back, recover, forward, hold       1-4         1-4       Back R - L heel - back L - R heel         5-8       Rock back R - recover L - forward R - hold         Set 8 Toe strut, toe strut, forward, recover, together, hold       1-4         1-4       Touch L toe - ball L - touch R toe - ball R         5-8       Forward L - recover R - together L - hold         Start ALL OVER ON NEW WALL       Start ALL OVER ON NEW WALL    <	1-4 Si	ide L – behind R – side L – cross R
1-4       Side R - together L - back R - hold         5-8       Side L - together R - forward L - hold         Set 5 Rock forward, recover, back, recover, side, recover, together, hold         1-4       Forward R - recover L - back R - recover         5-8       Side R - recover L - together R - hold         Set 6 Rock forward, recover, back, recover, side, recover, together, hold         1-4       Forward L - recover L - together R - hold         Set 6 Rock forward, recover, back, recover, side, recover, together, hold         1-4       Forward L - recover R - back L - recover         5-8       Side L - recover R - back L - recover         5-8       Side L - recover R - together L - hold         Set 7 Back, heel, back, heel, rock back, recover, forward, hold         1-4       Back R - L heel - back L - R heel         5-8       Rock back R - recover L - forward R - hold         Set 8 Toe strut, toe strut, forward, recover, together, hold         1-4       Touch L toe - ball L - touch R toe - ball R         5-8       Forward L - recover R - together L - hold         Start ALL OVER ON NEW WALL       Start ALL OVER ON NEW WALL	1-4 Si	ide R – together L – forward R - hold
<ul> <li>1-4 Forward R - recover L - back R - recover</li> <li>5-8 Side R - recover L - together R - hold</li> <li>Set 6 Rock forward, recover, back, recover, side, recover, together, hold</li> <li>1-4 Forward L - recover R - back L - recover</li> <li>5-8 Side L - recover R - together L - hold</li> <li>Set 7 Back, heel, back, heel, rock back, recover, forward, hold</li> <li>1-4 Back R - L heel - back L - R heel</li> <li>5-8 Rock back R - recover L - forward R - hold</li> <li>Set 8 Toe strut, toe strut, forward, recover, together, hold</li> <li>1-4 Touch L toe - ball L - touch R toe - ball R</li> <li>5-8 Forward L - recover R - together L - hold</li> </ul>	1-4 Si	ide R – together L – back R - hold
1-4Forward L - recover R - back L - recover5-8Side L - recover R - together L - holdSet 7 Back, heel, back, heel, rock back, recover, forward, hold1-4Back R - L heel - back L - R heel5-8Rock back R - recover L - forward R - holdSet 8 Toe strut, toe strut, forward, recover, together, hold1-4Touch L toe - ball L - touch R toe - ball R5-8Forward L - recover R - together L - holdSTART ALL OVER ON NEW WALL	1-4 Fo	orward R – recover L – back R - recover
1-4Back R - L heel - back L - R heel5-8Rock back R - recover L - forward R - holdSet 8 Toe strut, toe strut, forward, recover, together, hold1-4Touch L toe - ball L - touch R toe - ball R5-8Forward L - recover R - together L - holdSTART ALL OVER ON NEW WALL	1-4 Forward L – recover R – back L - recover	
1-4Touch L toe – ball L – touch R toe - ball R5-8Forward L – recover R – together L - holdSTART ALL OVER ON NEW WALL	1-4 Ba	ack R – L heel – back L – R heel
	1-4 To	ouch L toe – ball L – touch R toe - ball R
Note: To make this 4-wall version, do quarter turn to right on Set 8, Steps 1-4 (3:00)	START ALL OVER ON NEW WALL	

V. ALLEN L. ISIDRO LDVALI LLC P.O. Box 566, San Bruno CA 94066 \* Idvali1955@gmail.com



