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 |
| 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 - 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 | 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 | |
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