Cryin' Out Loud

拍数: 32

级数: Improver

编舞者: Lana Wilson (USA) - May 2016

音乐: The Angels Are Cryin' Again - Matt King : (CD: Hard Country)

FWD SHUFFLE, FWD, BACK TOUCH, BACK SHUFFLE, BACK, CROSS TOUCH

- 1&2 Shuffle forward RLR
- 3-4 Step L forward, touch R behind L
- 5&6 Shuffle back RLR
- 7-8 Step L back, cross touch R over L

ROCKING CHAIR, SHUFFLE 1/2 TURN, 1/4 TURN SIDE SHUFFLE

- 9-10 Rock R forward, recover back on L
- 11-12 Rock R back, recover forward on L
- 13&14 Turn 1/4 left stepping R to right, step L beside R, turn 1/4 left stepping R back □(6:00)
- 15&16 Turn 1/4 left shuffling LRL to left side (3:00)

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, HOLD, SIDE, CLOSE

- 17-18 Cross rock R over L, recover on L
- 19&20 Shuffle RLR to right side
- 21-22 Cross L step over R, hold
- 23-24 Step R to right, step L beside R

SIDE TOUCH, 1/2 TURN, SIDE TOUCH, HOLD, & JAZZ BOX

- 25-26 Touch R to right, turn 1/2 right stepping R beside L□ (9:00)
- 27-28 Touch L to left, hold
- & Step L beside R
- 29-30 Cross R over L, step L back
- 31-32 Step R to right side, step L forward

Begin again

Restart, Pattern 5, on instrumental (2nd time starting on front wall): Dance 1-24 and restart from beginning on 9:00 wall.

Ending, Pattern 10 (starts at 3:00):

Dance 1-18, then shuffle RLR 1/2 turn right to face front, step L to left, and hold. Slow down with the music

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Last Update - 11th June 2016





墙数:4

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