No Crying with Foxtrot

拍数: 64

级数: High Beginner

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

| Set 1 Step right, behind, side, cross, side, together, cross, hold 1-4 Side R - together L - cross R - hold 5-8 Side R - together L - cross R - hold Set 2 Step left, behind, side, cross, side, together, cross, hold 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 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 L - back R - hold 5-8 Side L - together R - back 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 R - back L - recover 5-8 Side R - recover R - back L - recover 5-8 Side L - recover R - back L - Rold Set 7 Back, heel, back, heel, rock back, recover, forward | Note: Back to Basic (LDVALI School of Line Dancing) [1 or 4-walls] | |
|--|---|---|
| 1-4Side 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 L - holdSet 4 Side, together, forever, hold, side, together, back, hold1-4Side R - together L - back R - hold5-8Side L - together R - forward L - hold5-8Side L - together R - forward L - holdSet 5 Rock forward, recover, back, recover, side, recover, together, hold1-4Forward R - recover L - back R - recover5-8Side R - recover L - together R - holdSet 6 Rock forward, recover, back, recover, side, recover, together, hold1-4Forward 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 - 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 - hold | 1-4 | Side 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 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 - together R - hold Set 6 Rock forward, recover, back, recover, side, recover, together, hold 1-4 Forward 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 | 1-4 | Side L – behind R – side L – cross R |
| 1-4Side R - together L - back R - hold5-8Side L - together R - forward L - holdSet 5 Rock forward, recover, back, recover, side, recover, together, hold1-4Forward R - recover L - back R - recover5-8Side R - recover L - together R - holdSet 6 Rock forward, recover, back, recover, side, recover, together, hold1-4Forward L - recover R - back L - recover5-8Side 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 - hold | 1-4 | Side R – together L – forward R - hold |
| 1-4Forward R - recover L - back R - recover5-8Side R - recover L - together R - holdSet 6 Rock forward, recover, back, recover, side, recover, together, hold1-4Forward 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 - hold | 1-4 | Side 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 - hold | 1-4 | Forward R – recover L – back R - recover |
| 1-4 Back R – L heel – back L – R heel 5-8 Rock back R – recover L – forward R - hold | 1-4 Forward L – recover R – back L - recover | |
| Set 8 Toe strut, toe strut, forward, recover, together, hold | 1-4 | Back R – L heel – back L – R heel |
| 1-4Touch L toe – ball L – touch R toe - ball R5-8Forward L – recover R – together L - hold | 1-4 | Touch L toe – ball L – touch R toe - ball R |
| START ALL OVER ON NEW WALL | | |
| Note: To make this 4-wall version, do quarter turn to right on Set 8, Steps 1-4 (3:00) | | |

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