

Cry Me Out

拍数: 32 墙数: 2
编舞者: Petra Ott (DE) - May 2025
音乐: Cry Me Out - Pixie Lott

级数: Phrased Intermediate



Sequence: AA-BB-AA-BB-A-tag-BBBBB

Tag after wall 9 (at the lyrics "baby I'm walking AWAY")

Note: part A is danced on 2 walls, part B is danced on 1 wall only
Begin the dance on vocals

PART A

Section 1: step fwd (sweep), twinkle in place, step fwd (sweep), stationary twinkle $\frac{1}{4}$ L, fwd-hitch, bw-hook, rock fwd, recover with sweep

- 1,2&a RF step fwd and LF sweep(1), LF cross over RF(2), RF step R(&), LF step in place (a)
- 3,4&a RF step fwd and LF sweep(1), LF cross over RF(2), RF step R(&), $\frac{1}{4}$ L and LF step in place (a) 9:00
- 5,6 RF step fwd and LF hitch, LF step bw and RF hook
- 7,8 RF step fwd, LF recover and RF sweep front to back

Section 2: behind-side-cross, sway L, rec/close/diag fwd, LF fwd-develop, rock diag bw (R+L)

- 1&a, 2 RF cross behind LF(1), LF step L(&), RF cross in front(a), sway L (2)
- 3&a, 4&a RF recover(3), LF close(&), $\frac{1}{8}$ L and RF step fwd(a), LF step fwd(4), RF develop(&a) 7:30
- 5,6a RF rock bw(5), LF recover(6), $\frac{1}{8}$ L and RF step R (a) 6:00
- 7,8a $\frac{1}{8}$ L and LF rock bw(7), RF recover(8), $\frac{1}{8}$ R and LF step L(a) 6:00

Tag: after wall 9 step around in a half circle ($\frac{1}{2}$ R) to face 12:00: RF-LF-RF-LF

PART B

Section 1: step fwd (sweep) x3, mambo $\frac{1}{2}$ L, $\frac{1}{4}$ L sway R & L, step R and LF pendle fwd/bw, coaster step

- 1,2,3 RF step fwd and LF sweep, LF step fwd and RF sweep, RF step fwd and LF sweep
- 4&a, 5 LF rock fwd(4), RF recover(&), $\frac{1}{2}$ L and LF step fwd(a), $\frac{1}{4}$ L and RF step R with sway(5) 3:00
- 6,7 sway L, RF step R and LF pendle fwd and back
- 8&a LF step bw(8), RF close(&), LF step fwd(a)

Section 2: turning waltz box (3 elements, 270°), non-turning box (1 element), cross rock x2

- 1&a RF step fwd(1), $\frac{1}{4}$ R and LF step L(&), RF close(a) 6:00
- 2&a LF step bw(2), $\frac{1}{4}$ R and RF step R(&), LF close (a) 9:00
- 3&a RF step fwd(3), $\frac{1}{4}$ R and LF step L(&), RF close(a) 12:00
- 4&a LF step bw(4), RF step R(&), LF close (a) 12:00
- 5,6 a RF cross over LF(5), LF recover(6), RF step R(a)
- 7,8 a LF cross over RF(7), RF recover(8), LF step L(a)

end

Last Update - 24 May 2025 - R1