

Cradle Me

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christy Fox (CAN)
音乐: Cradle - Atomic Kitten



SIDE, ROCK STEP, SIDE, ROCK STEP, ½ TURN, SIDE, CROSS, SIDE, ROCK STEP

- 1-2& Step right large step to right, cross rock left behind right, recover weight on right
- 3-4& Step left large step to left, rock back on right, recover weight on left
- 5-6& Turn ½ left stepping back on right, step left to left, step right across front of left
- 7-8& Step left large step to left, cross rock right behind left, recover weight on left

SIDE, ROCK STEP, SIDE, ROCK STEP, WALK AROUND TURN, SIDE, ROCK STEP

- 1-2& Step right large step to right, cross rock left behind right, recover weight on right
- 3-4& Step left large step to left, cross rock right behind left, recover weight on left
- 5-6& Turn ¼ right stepping right forward, step left forward, turn ½ right stepping right in place
- 7-8& Turn ¼ right stepping left large step to left, cross rock right behind left, recover weight on left

SCISSOR STEP, SCISSOR ¼ TURN, SCISSOR STEP, SCISSOR ¼ TURN

- 1&2 Step right to right side, step left together, step right across left
- 3&4 Turn ¼ right and step left to left side, step right together, step left across right
- 5&6 Step right to right side, step left together, step right across left
- 7&8 Turn ¼ right and step left to left side, step right together, step left across right

ROLLING FULL TURN, BALL CHANGE, STEP, STEP, TURN, STEP, KICK

- 1-2 Turn ¼ left and step back on right, turn ½ left and step forward on left
- 3&4 Turn ¼ left and step right to right side, cross rock left behind right, recover weight on right
- 5&6 Turn ¼ left and step left forward, step right forward, make full spiral turn left on right

Weight remains on right for count 6

- 7-8 Step left forward, low kick of right across left

Easier option for last 8 counts

SIDE, TOGETHER, SIDE, BALL CHANGE, TURN, WALK, WALK, KICK

- 1-2 Step right to right side, step left together
- 3&4 Step right to right side, cross rock left behind right, recover weight on right
- 5-6 Turn ¼ left and step left forward, step right forward
- 7-8 Step left forward, low kick of right across left

REPEAT

RESTART

On wall 7 (facing the 6:00 wall for the second time), dance the first 18 counts of the dance, add an and count to step down onto your left foot, and then start the dance again. The new wall you are starting is at the 12:00 wall