

# Cradle

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Cradle - Atomic Kitten



## Intro: 16 Counts

### Nightclub Basic Right, Vine with Cross, Nightclub Basic Left, Vine with Cross

1-2&      Step Right to Right, Close Left behind Right, Cross Right over Left  
3&4&      Step Left to Left, Step Right behind Left, Step Left to Left, Cross Right over Left  
5-6&      Step Left to Left, Close Right behind Left, Cross Left over Right  
7&8&      Step Right to Right, Step Left behind Right, Step Right to Right, Cross Left over Right (12:00)

### Rock, Recover, ¼ Turn Right, Cross Rock, Recover, Side, Cross, Lock Step, Rock, Recover, Step Back Right, Left

1-2&      Rock fwd. Right, recover, ¼ turn Right, step Right to Right side (03:00)  
3&4&      Cross rock Left, recover, step Left to Left side, step Right diagonal fwd. in front of Left (01:30)  
5&6      Step Left diagonal fwd. step Right beside Left, step Left diagonal fwd.  
7&8&      Rock, fwd. Right, recover, step back Right, step back Left (01:30)

### 1/8 turn Nightclub Basic, ¼ turn Left, Step ½ Turn Step Right, Rock Left fwd, Recover, Together, Lock step Right fwd.

1-2&      1/8 turn Right into a basic nightclub step, Close Left behind Right, Cross Right over Left (3:00)  
3&4&      ¼ turn Left stepping Left fwd (12:00), Step Right fwd, ½ Left stepping onto Left, Step Right fwd (6:00)  
5-6&      Rock Left Fwd, Recover onto Right, Step Left beside Right  
7&8      Step Right Fwd, Lock Left behind Right, Step Right Fwd. (06:00)

### Cross Rock, Recover, Side, Cross Rock, Recover, ¼ Turn Right, Sway Left, Right, Left, Run, Run

1-2&      Cross rock Left in front of Right, recover, step Left to Left side (06:00)  
3-4&      Rock fwd. Right, recover, ¼ turn Right, step Right to Right side (09:00)  
5-6-7      Sway Left, Right, Left  
8&      Run fwd. Right, Left (09:00)

**Restarts: During walls 2 & 5 & 8 after 16 Counts.**

**No. 1 – Wall 2 starts at 09:00, after 16 Counts adjust to 09:00 again and restart the dance**

**No. 2 – Wall 5 starts at 03:00, after 16 Counts adjust to 03:00 again and restart the dance**

**No. 3 – Wall 8 starts at 09:00, after 16 Counts adjust to 09:00 – Sway Right, Left:- and restart the dance from the beginning after 18 Counts**

**Have Fun!**