Cry Me Out (為我哭泣) (zh)

Count: 32 **Wall:** 2 **Level:** Advanced
Choreographer: Malene Jakobsen (DK) - 2009年10月
Music: Cry Me Out - Pixie Lott : (CD: Turn It Up bonus track version)

前奏： Intro: 8 counts from when the beat kicks in, 17 sec. into track - dance begins with weight on R 8拍後(約17秒)起跳

第一段 **Side, Back Rock, Side, Touch, 1/8, Mambo, ¼, ¼, Full Turn, Rock**
側, 後下沉, 側, 點, 1/8, 曼波, 1/4, 1/4, 轉圈, 下沉

a1-2 (a) Step L to L, (1) rock back on R, (2) recover onto L [12.00]
左足左踏, 右足後下沉, 左足回復(面向12點鐘)

&a3 (&) Step R to R, (a) touch L beside R (3) step L to L diagonal [10.30]
右足右踏, 左足併點, 左足左斜角踏(面向10:30)

4&a (4) Rock forward on R, (&) recover onto L, (a) step slightly back on R [10.30] 右足前下沉, 左足回復, 右足略後踏(面向10:30)

5-6 (5) Rock L to L making ¼ turn L, (6) recover onto R making a ¼ R [10.30] 左足左下沉左轉90度, 右轉90度右足回復 (面向10:30)

&a7 (&) Turn ½ R stepping back on L, (a) turn ½ R stepping forward on R, (7) step forward on L [10.30]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向10:30)

第二段 **Recover ½, Ball Steps, Step Sweep, Cross Rock, Side, Cross Rock, 1/8, Ball, Side, Coaster, Rock**
回復1/2, 併踏, 踏 繞, 交叉下沉, 側, 交叉下沉, 1/8, 併, 側, 海岸步, 下沉

8& (8) Recovering onto R make ½ turn L on ball of R, (&) step L next to R [4.30] 右足回復左轉180度, 左足併踏(面向4:30)

a1 Step R next to L, (1) step forward on L sweeping R from back to front [4.30] 右足併踏, 左足前踏右足由後繞至前(面向4:30)

2&a3 (2) Cross R over L, (&) recover onto L, (a) step R to R, (3) cross L over R [4.30]
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足於右足前交叉下沉(面向4:30)

4& (4) Recover onto R, (&) turn 1/8 L stepping L to L [3.00]
右足回復, 左轉45度左足左踏(面向3:00)

a5 (a) Step R next to L, (5) large step L to L dragging R towards L [3.00] 右足併踏, 左足左一大步右足拖併(面向3:00)

6&a (6) Step back on R, (&) step L next to R (a) step forward on R [3.00]
右足後踏, 左足併踏, 右足前踏(面向3點鐘)

7 (7) Rock forward on L, 左足前下沉

第三段 **¼, Cross Shuffle With Sweep, Cross Shuffle, ¾, Shuffle, Full Turn, Back, Back, Sweep**
1/4, 交叉交換帶繞, 交叉交換, 3/4, 交換步, 轉圈, 後 後 繞

8 (8) Recover onto R making 1/4 turn R [6.00]
右足回復右轉90度(面向6點鐘)

&a1 (&) Cross L over R, (a) step R to R, (1) cross L over R sweeping R from back to front [6.00]
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏右足由後繞至前(面向6點鐘)

2&a (2) Cross R over L, (&) step L to L, (a) cross R over L [6.00]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

3 (3) Step L to L and make ¾ turn R on ball of L [3.00]
左足左踏右轉270度(面向3點鐘)

4&a (4) Step forward on R, (&) step L next to R, (a) step forward on R [3.00] 右足前踏, 左足併踏, 右足前踏(面向3點鐘)

5-6& (5) Step forward on L, (6) turn ½ R, (&) turn ½ R stepping L next to R [3.00] 左足前踏, 右轉180度, 右轉180度左足併踏(面向3點鐘)

a7 (a) Step back on R, (7) take a long step back on L starting to sweep R from front to back [3.00]
右足後踏, 左足後一大步右足由前繞至後(面向3點鐘)

8 (8) Finish R sweep [3.00] 右足繞(面向3點鐘)

第四段 Behind, Side, Cross Rock, ¼, Ball Step, Mambo, ¼ X 4, Hold
後, 旁, 交叉下沉, 1/4, 併 踏, 曼波, 1/4四次, 候

&a1 (&) Cross R behind L, (a) step L to L, (1) cross R over L [3.00]
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向3點鐘)

2& (2) Recover onto L, (&) turn ¼ R stepping forward on R [6.00]
左足回復, 右轉90度右足前踏(面向6點鐘)

a3 Step L next to R, (3) take a long step forward on R dragging L towards R [6.00] 左足併踏, 右足前一大步左足拖併(面向6點鐘)

4&a (4) Rock forward on L, (&) recover onto R, (a) step slightly back on L [6.00] 左足前下沉, 右足回復, 左足略後踏(面向6點鐘)

5 (5) Turn ¼ R stepping forward on R [9.00] 右轉90度右足前踏

&6 (&) Step forward on L, (6) turn ¼ R stepping forward on R [12.00]
左足前踏, 右轉90度右足前踏(面向12點鐘)

&7 (&) Step forward on L, (7) turn ¼ R stepping forward on R [3.00]
左足前踏, 右轉90度右足前踏(面向3點鐘)

&8 (&) Step forward on L, (8) turn ¼ R stepping forward on R [6.00]
左足前踏, 右轉90度右足前踏(面向6點鐘)

& (&) Hold 候

TAG: It only happens ONCE AFTER wall 5, you'll be facing 6 o'clock
第五面牆結束面向6點鐘時加拍

Steps Back With Sweeps X3, Back, Hold
後踏帶繞3次, 後, 候

1&a (1) Step back on L, (&a) sweep R from front to back [6.00]
左足後踏, 右足由前繞至後(面向6點鐘)

2&a (2) Step back on R, (&a) sweep L from front to back [6.00]
右足後踏, 左足由前繞至後(面向6點鐘)

3&a (3) Step back on L, (&a) sweep R from front to back [6.00]
左足後踏, 右足由前繞至後(面向6點鐘)

4& (4) Step back on R (&) hold [6.00] 右足後踏, 候(面向6點鐘)
