

## Tears On My Pillow

32 Count, 2 Wall, Improver

Choreographer: Jules Langstaff (UK) 2009

Choreographed to: Tears On My Pillow by

Johnny Nash, CD: Ultimate 70's No 1's;

I'm Yours by Jason Mraz

---

### Introduction; Start on the heavy beat with the words 'But baby'

#### **Right Side Rock, Hitch, Side Point, Hitch, Right Side Rock, Cross, Side, Behind, Side, Cross, Left Side rock ¼ turn right, Step Left Forward**

- 1 & 2 & Rock right to right, recover, hitch right knee across left, point right toes to right side  
3 & 4 & Hitch right knee across left, rock right to right, recover (stepping slightly back)  
Cross right over left  
5 & 6 & 7 Left to left side, step right behind left, left to left side, cross right over left  
8 & 1 Rock left to left side, recover onto right with ¼ turn right, step forward left (facing 3 o'clock)

#### **Forward Right Mambo, Left Coaster Back, Step, Step Pivot ½ turn Right**

- 2 & 3 Rock forward right, recover, step back right  
4 & 5 Step back left, step right beside left, step forward left  
6 7 8 & Step forward right, Step forward left, Pivot ½ turn right close left beside right (facing 9 o'clock)

#### **Step, Sweep, Right Back Lock, ¼ turn left with Left Side Shuffle, Right Back Rock Side**

- 1 2 Step forward right, Sweep left over right (taking weight onto left)  
3 & 4 Step right back, lock left across right, step back right  
5 & 6 ¼ turn left stepping left to left side, step right beside left, step left side (facing 6 o'clock)  
7 & 8 Rock back onto right, recover, step right to right side

#### **Left Back Rock, Point left toes, Left Back Rock, Side, Right Sailor ½ turn Right, Hinge ½ turn right Cross**

- 1 & 2 Rock back onto left, recover, Point left toes to left side  
3 & 4 Rock back onto left, recover, step left to left side  
5 & 6 Step right behind left with ¼ turn right, step left beside right with ¼ turn right, cross right in front (facing 12 o'clock)  
7 & 8 ¼ turn right stepping back on left, ¼ turn right stepping right to right, cross left over right (facing 6 o'clock)

Start again – Be happy!!!!!!

---

Music download available from Napster

---