



## Cradle Days

48 Count, 2 Wall, Beginner (Waltz)

Choreographer: Alexis Strong (UK) Jan 2019

Choreographed to: Pal Of My Cradle Days by Ann Breen

### Alternative Music Pal Of My Cradle Days By Michael English

#### Start On Vocals: What A Friend

- [1-6]**                    **LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.**  
1,2,3                    Cross L Over R (2) Rock R To R (2) Recover On L (3)  
4,5,6                    Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 3:00
- [7-12]**                   **CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .**  
1,2,3                    Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6                    Cross R Behind L (4) Rock L To L (5) Recover On R (6)
- [13-18]**                   **LEFT TWINKLE, RIGHT TWINKLE 1/4 TURN.**  
1,2,3                    Cross L Over R (2) Rock R To R (2) Recover On L (3)  
4,5,6                    Cross R Over L (4) 1/4 Turn R, Step L (5) Step R To R (6) 6:00
- [19-24]**                   **CROSS SIDE ROCK RECOVER, CROSS BACK SIDE ROCK RECOVER .**  
1,2,3                    Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6                    Cross R Behind L (4) Rock L To L (5) Recover On R (6)
- [25-30]**                   **WEAVE RIGHT, RIGHT DRAG TOGETHER.**  
1,2,3                    Cross L Over R (1) Step R To R (2) Cross L Behind R (3)  
4,5,6                    Large Step R (4) Drag L To R (5) Touch L To R (6)
- [31-36]**                   **ROLLING GRAPEVINE FULL TURN LEFT, RIGHT TWINKLE**  
1,2,3                    Making 1/4 Turn L, Step L (1) Making 1/2 Turn L, Step R (2) Making 1/4 Turn L, Step L (3) 6:00  
4,5,6                    Cross R Over L (4) Rock L To L (5) Recover On R (6)
- [37-42]**                   **LEFT TWINKLE, WEAVE LEFT.**  
1,2,3                    Cross L Over R (1) Rock R To R (2) Recover On L (3)  
4,5,6                    Cross R Over L (4) Step L To L (5) Cross L Behind R (6)
- [43-48]**                   **LEFT DRAG TOGETHER, ROLLING GRAPEVINE RIGHT.**  
1,2,3                    Large Step L (1) Drag R To L (2) Touch R To L (3)  
4,5,6                    Making 1/4 Turn R, Step R (4) Making 1/2 Turn R, Step L (5) Making 1/4 Turn R, Step R Side.

#### Enjoy

**This is dedicated to my Nan, It was her all time favourite song xxx**

Last Update – 17 Jan. 2019