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# Cradle Me

32 count, 4 wall, intermediate level Choreographer: Christy Fox (July 2005) Choreographed to: Cradle by Atomic Kitten (80 bpm)

#### 16 Count intro

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

- 1, 2& Step R large step to right (1), Cross rock L behind R (2), Recover weight on R (&)
- 3, 4& Step L large step to left (3), Rock back on R (4), Recover weight on L (&)
- 5, 6& Turn ½ left stepping back on R (5), Step L to left (6), Step R across front of L (&)
- 7, 8& Step L large step to left (7), Cross rock R behind L (8), Recover weight on L (&)

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

- 1, 2& Step R large step to right (1), Cross rock L behind R (2), Recover weight on R (&)
- 3, 4& Step L large step to left (3), Cross rock R behind L (4), Recover weight on L (&)
- 5, 6& Turn ¼ right stepping R forward (5), Step L forward (6), Turn ½ right stepping R in place (&)
- 7, 8& Turn ¼ right stepping L large step to left (7), Cross rock R behind L (8), Recover weight on L (&)

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

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

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

- 1, 2 Turn ¼ left and step back on R (1), Turn ½ left and step forward on L (2)
- 3 & 4 Turn 1/4 left and step R to right side (3), Cross rock L behind R (&), Recover weight on R (4)
- 5 & 6 Turn ¼ left and step L forward (5), Step R forward (&), make full spiral turn left on R (6) weight remains on R for count 6)
- 7, 8 Step L forward (7), Low kick of R across L (8)

#### Easier option for last 8 counts

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

- 1, 2 Step R to right side (1), Step L together (2)
- 3 & 4 Step R to right side (3), Cross rock L behind R (&), Recover weight on R (4)
- 5, 6 Turn ¼ left and step L forward (5), Step R forward (6)
- 7, 8 Step L forward (7), Low kick of R across L (8)

# **SHORT WALL**

On wall 7 (facing the 6 o'clock 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 o'clock wall.