



Approved by:



Cry Me Out

2 WALL – 32 COUNTS – ADVANCED

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
|--|---|--|--|
| Section 1 a 1 – 2 & a 3 4 & a 5 – 6 & a 7 | Side, Back Rock, Side, Touch, 1/8, Forward Mambo, 1/4, 1/4, Full Turn, Step Step left to left side. Rock back on right. Recover onto left. Step right to right side. Touch left beside right. Step left to left diagonal. (10:30) Rock forward on right. Recover onto left. Step right slightly back. Rock left to left side making 1/4 turn left. Recover onto right making 1/4 turn right. Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Rock left forward. | Side Back Rock Side Touch Step Forward Mambo Turn Turn Full Turn Rock | Left Forward On the spot Turning Turning right On the spot |
| Section 2 8 & a 1 2 & a 3 4 & a 5 6 & a 7 | 1/2, Ball Steps, Step Sweep, Rock, Side, Rock, 1/8, Ball, Side, Coaster, Rock Recover onto ball of right making 1/2 turn left. Step left beside right. (4:30) Step right beside left. Step left forward sweeping right from back to front. Cross rock right over left. Recover onto left. Step right to right side. Cross rock left over right. Recover onto right. Make 1/8 turn left stepping left to left side. (3:00) Step right beside left. Step left large step to left side dragging right towards left. Step right back. Step left beside right. Step right forward. Rock forward on left. | Turn Together Ball Step Cross Rock Side Rock Recover Turn Ball Side Coaster Step Rock | Turning right Forward On the spot Right Turning left Left On the spot |
| Section 3 8 & a 1 2 & a 3 4 & a 5 – 6 & a 7 8 | 1/4, Cross Shuffle x 2, 3/4, Forward Shuffle, Step, Full Turn, Back Back Sweep Recover onto right making 1/4 turn right. (6:00) Cross left over right. Step right to side. Cross left over right sweeping right to front. Cross right over left. Step left to left side. Cross right over left. Step left to left side and make 3/4 turn right on ball of left. (3:00) Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. Turn 1/2 right stepping left beside right. Step right back. Step left long step back starting to sweep right from front to back. Complete right sweep to back. | Turn Cross Shuffle Cross Shuffle Turn Right Shuffle Step Full Turn Back Back Sweep | Turning right Right Left Turning right Forward Turning right Back On the spot |
| Section 4 & a 1 2 & a 3 4 & a 5 & 6 & 7 & 8 & | Behind, Side, Cross Rock, 1/4, Ball Step, Forward Mambo, 1/4 x 4, Hold Cross right behind left. Step left to left side. Cross rock right over left. Recover onto left. Make 1/4 turn right stepping right forward. (6:00) Step left beside right. Step right long step forward dragging left towards right. Rock forward on left. Rock back on right. Step left slightly back. Make 1/4 turn right stepping right forward. (9:00) Step left forward. Make 1/4 turn right stepping right forward. (12:00) Step left forward. Make 1/4 turn right stepping right forward. (3:00) Step left forward. Make 1/4 turn right stepping right forward. Hold. (6:00) | Behind Side Rock Recover Turn Ball Step Forward Mambo Quarter Step Quarter Step Quarter Step Quarter Hold | Left Turning right Forward On the spot Turning right |
| Tag 1 & a 2 & a 3 & a 4 & | Danced once after Wall 5 (facing 6:00): Back With Sweep x 3, Hold Step left back. Sweep right from front to back. (6:00) Step right back. Sweep left from front to back. Step left back. Sweep right from front to back. Step right back. Hold. (6:00) | Back Sweep Back Sweep Back Sweep Back Hold | Back |

Choreographed by: Malene Jakobsen (DK) October 2009

Choreographed to: 'Cry Me Out' by Pixie Lott (64 bpm) from CD Turn It Up; also available as download from amazon.co.uk or iTunes (8 count intro from when beat kicks in - 17 secs into track)

There is a 4 count Tag at the end of Wall 5

Tag:

Choreographer's note: Although the music sounds like a fast waltz, this dance is not a waltz



A video clip of this dance is available at www.linedancermagazine.com