

Cry Me Out

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32 Count, 2 Wall, Int/Adv Choreographer: Malene Jakobsen (Denmark) Oct 2009 Choreographed to: Cry Me Out by Pixie Lott, Album: Turn It Up (bonus track version) (64 bpm)

Intro: 8 counts from when the beat kicks in, 17 sec. into track - dance begins with weight on R The music sounds as if it's a very fast waltz, however it is not a waltz

1-7 Side, back rock, side, touch, 1/8, mambo, 1/4, 1/4, full turn, rock

- a1-2 (a) Step L to L, (1) rock back on R, (2) recover onto L
- &a3 (&) Step R to R, (a) touch L beside R (3) step L to L diagonal (10.30)
- 4&a (4) Rock forward on R, (&) recover onto L, (a) step slightly back on R (10.30)
- 5-6 (5) Rock L to L making 1/4 turn L, (6) recover onto R making a 1/4 R
- &a7 (&) Turn 1/2 R stepping back on L, (a) turn 1/2 R stepping forward on R, (7) step forward on L
- 8-15 Recover 1/2, ball steps, step sweep, cross rock, side, cross rock, 1/8, ball, side, coaster, rock
- 8& (8) Recovering onto R make 1/2 turn L on ball of R, (&) step L next to R (4.30)
- a1 (a) Step R next to L, (1) step forward on L sweeping R from back to front
- 2&a3 (2) Cross R over L, (&) recover onto L, (a) step R to R, (3) cross L over R
- 4& (4) Recover onto R, (&) turn 1/8 L stepping L to L (3.00)
- a5 (a) Step R next to L, (5) large step L to L dragging R towards L
- 6&a (6) Step back on R, (&) step L next to R (a) step forward on R
- 7 (7) Rock forward on L,

16-24 1/4, cross shuffle with sweep, cross shuffle, 3/4, shuffle, full turn, back, back, sweep

- 8 (8) Recover onto R making 1/4 turn R (6.00)
- &a1 (&) Cross L over R, (a) step R to R, (1) cross L over R sweeping R from back to front
- 2&a (2) Cross R over L, (&) step L to L, (a) cross R over L
- 3 (3) Step L to L and make 3/4 turn R on ball of L (3.00)
- 4&a (4) Step forward on R, (&) step L next to R, (a) step forward on R
- 5-6& (5) Step forward on L, (6) turn 1/2 R, (&) turn 1/2 R stepping L next to R
- a7 (a) Step back on R, (7) take a long step back on L starting to sweep R from front to back
- 8 (8) Finish R sweep

25-32 Behind, side, cross rock, 1/4, ball step, mambo, 1/4 x 4, hold

- &a1 (&) Cross R behind L, (a) step L to L, (1) cross R over L
- 2& (2) Recover onto L, (&) turn 1/4 R stepping forward on R (6.00)
- a3 (a) Step L next to R, (3) take a long step forward on R dragging L towards R
- 4&a (4) Rock forward on L, (&) recover onto R, (a) step slightly back on L
- 5 (5) Turn 1/4 R stepping forward on R (9.00)
- &6 (&) Step forward on L, (6) turn 1/4 R stepping forward on R (12.00)
- &7 (&) Step forward on L, (7) turn 1/4 R stepping forward on R (3.00)
- &8 (&) Step forward on L, (8) turn 1/4 R stepping forward on R (6.00)
- & (&) Hold

TAG: There is a 4 count tag after wall 5

- It only happens once after wall 5, you'll be facing 6 o'clock
- 1-4 Steps back with sweeps x 3, back, hold
- 1&a (1) Step back on L, (&a) sweep R from front to back (6.00)
- 2&a (2) Step back on R, (&a) sweep L from front to back
- 3&a (3) Step back on L, (&a) sweep R from front to back
- 4& (4) Step back on R (&) hold (6.00)

Music download available from iTunes

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