

Tears on My Pillow

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Wanda Heldt - Perth WA - Dec. 2009

Music: Tears on my Pillow by Kapena-[Album I'll Build you a Rainbow]

S1. POINT STEPS [SYNCOPIATION]

- 1&2** Touch Right toe forward, Step Right next to Left, Touch Left toe forward. ***
- &3** Step Left next to Right, Point Right toe to Right side.
- &4** Step Right next to Left, Point Left toe to Left side.
- &5** Step Left next to Right, Touch Right toe forward. **
- &6** Step Right next to Left, Touch Left toe forward.
- &7** Step Left next to Right, Point Right toe to Right side.
- &8** Step Right next to Left, Point Left toe to Left side.

**** Alternate steps...for counts 5-8**

STEP, CROSS SHUFFLE, ROCK, RECOVER, TOUCH

- &** Step left behind Right.
- 5&6** Cross Right over Left, Step Left, Cross Right over Left.
- 7&8** Rock Left, Recover on Right, Touch Left toe next to Right.

S2. 1/4 TURN RIGHT HITCH, SIDE SHUFFLE, 1/2 TURN LEFT SIDE SHUFFLE, CHARLESTON STEPS

- &1&2** Replace weight on Left turn 1/4 Right with a slight R.hitch, Stepping Right, Left, Right.
[3:00]

3&4 1/2 turn Left on balls of Right, Stepping Left, Right , Left. [9:00]

- 5-6** Touch Right toe forward Step back on Right.
- 7-8** Touch Left toe back, Step forward on Left.

S3. CHARLESTON STEPS, RIGHT HEEL JACK, LEFT HEEL JACK

- 1-2** Touch Right toe fwd, Step back on Right.
- 3-4** Touch Left toe back, Step Left next to Right.
- 5&6** Cross Right over Left, Step back on Left, Touch Right Heel Forward.

&7&8 Step back on Right, Cross Left over Right, Step back on Right, Touch Left heel forward.

S4. STEP, RIGHT BACK MAMBO, LEFT BACK MAMBO, RIGHT BACK LOCK STEP, ¼ LEFT SAILOR STEP

&1&2 Step on to Left, Step back on Right, Recover on Left, Step Right next to Left.

3&4 Step back on Left, Recover on Right, Step Left next to Right.

5&6 Step back on Right, Step left over Right, Step back on Right.

7&8 Cross Left behind Right, 1/4 Turn Left Step out on to Right, Step out on to Left. [3:00]

Restart Have Fun In Life & In Dance

***8 Count.. TAG.... End of Wall 5 facing 6:00**

ROCK, RECOVER, FULL TRIPLE TURN

1-2,3&4 Rock forward on Right, Recover on Left, Full Triple turn Right, stepping R.L.R.

5-6,7&8 Rock forward on Left, Recover on Right, Full triple turn Left, Stepping L.R.L.

***** ENDING: [Only if you wish to do so.. but No Need]**

You will be facing 12:00 end of 10 Wall... Do count 1- 4 on Section 1. add the TAG & these 8 counts

BACK LOCK STEP, FULL SWEEP UNWIND

1&2 Step back Right, Lock left over Right, Step back Right.

3&4 Step back Left, Lock Right over Left, Step back Left.

5-8 Sweep the Right toe and do a slow full unwind Right on counts 5-7 and step back on Right (ct.8) with a slight dip.

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