

# Cry Myself to Sleep

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Jo Rosenblatt , Emerald QLD (April 2016)

**Music:** "Cry Myself To Sleep" - Tami Neilson. Album: The Kitchen Table Sessions

**Start: 16 count intro, Start on "...hello ..", weight on left foot**

**Back, Drag, Tog, Back, Drag, Tog, Side, Rock, ½Turn, ½Turn, Rock**

- 1 2& Step back on R, Drag L back towards right, Step L beside right  
3 4& Step back on R, Drag L back towards right, Step L beside right  
5 6& Step R to right, Rock onto L, Turn 180° right step R to right 6  
7 8 Turn 180° right step L to left, Rock onto R 12

**Behind, Hold, Side, Cross, Sweep, Cross, Side, Behind, Side, Cross, Unwind**

- 1 2&3 Step L behind R, Hold, Step R to right, Cross L over R,  
4 Sweep R around in front of left - drag your toes along the floor as you sweep your leg around  
5&6& Cross R over left, Step L to left, Step R behind left, Step L to left  
7 8 Touch R across in front of left, Unwind 270° left placing weight on L \*\*\*\*\* 3

**Fwd, Rock, ¼Turn, Step, Pivot, Tog, Fwd, Rock, ½Turn, Spin, Fwd**

- 1 2& Step R fwd, Rock back onto L, Turn 90° right step R fwd 6  
3 4& Step L fwd, Turn 180° right step R fwd, Step L beside right 12  
5 6& Step R fwd, Step back on L, Turn 180° left step R fwd 6  
7 Step L fwd spinning 360° over right shoulder hooking right foot under left knee 6  
8 Step R fwd

**Side, Behind, Cross, ¼Turn, ¼Turn, Cross, Side, Behind, Cross, ¼Turn, Drag**

- 1 2& Large step L to left, Step R behind left, Cross L in front of right  
3 4& Turning 90° left step R back, Turning 90° left step L to left, Cross R over left 12  
5 6& Large step L to left, Step R behind left, Cross L in front of right  
7 8 Turn 90° left step R back, Drag L back beside right 9

**TAG: At the end of Wall 6: Add a Reverse Rocking Chair**

**Step R back, Rock fwd on L, Step R fwd, Rock back on L**

**FINISH: Wall 7: At Count 16 \*\*\*\***

**Replace the 270° Unwind with a 180° unwind to finish at the front wall.**

**Free to be copied provided no changes are made to the original choreography.**

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