

# Cry Me Out

**Count:** 32      **Wall:** 2      **Level:** Higher Intermediate / Advanced  
**Choreographer:** Malene Jakobsen, Denmark (Oct 2009)  
**Music:** Cry Me Out by Pixie Lott from the album Turn It Up (bonus track version) – 64 BPM

**Note:** The music sounds as if it's a very fast waltz, however it is not a waltz.

**Intro:** 8 counts from when the beat kicks in, 17 sec. into track - dance begins with weight on R.

**(1-7) Side, back rock, side, touch, 1/8, mambo, ¼, ¼, full turn, rock**

a1-2            (a) Step L to L, (1) rock back on R, (2) recover onto L 12.00  
&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 ¼ turn L, (6) recover onto R making a ¼ R 10.30  
&a7            (&) Turn ½ R stepping back on L, (a) turn ½ R stepping forward on R, (7) step forward on L 10.30

**(8-15) Recover ½, ball steps, step sweep, cross rock, side, cross rock, 1/8, ball, side, coaster, rock**

8&            (8) Recovering onto R make ½ 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 4.30  
2&a3          (2) Cross R over L, (&) recover onto L, (a) step R to R, (3) cross L over R 4.30  
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 3.00  
6&a          (6) Step back on R, (&) step L next to R (a) step forward on R 3.00  
7            (7) Rock forward on L,

**(16-24) ¼, cross shuffle with sweep, cross shuffle, ¾, 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 6.00  
2&a            (2) Cross R over L, (&) step L to L, (a) cross R over L 6.00  
3            (3) Step L to L and make ¾ 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 3.00  
5-6&          (5) Step forward on L, (6) turn ½ R, (&) turn ½ R stepping L next to R 3.00  
a7            (a) Step back on R, (7) take a long step back on L starting to sweep R from front to back 3.00  
8            (8) Finish R sweep 3.00

**(25-32) Behind, side, cross rock, ¼, ball step, mambo, ¼ x 4, hold**

&a1            (&) Cross R behind L, (a) step L to L, (1) cross R over L 3.00  
2&            (2) Recover onto L, (&) turn ¼ 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 6.00  
4&a            (4) Rock forward on L, (&) recover onto R, (a) step slightly back on L 6.00  
5            (5) Turn ¼ R stepping forward on R 9.00  
&6            (&) Step forward on L, (6) turn ¼ R stepping forward on R 12.00  
&7            (&) Step forward on L, (7) turn ¼ R stepping forward on R 3.00  
&8            (&) Step forward on L, (8) turn ¼ R stepping forward on R 6.00  
&            (&) Hold

**TAG:** 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 6.00  
3&a            (3) Step back on L, (&a) sweep R from front to back 6.00  
4&            (4) Step back on R (&) hold 6.00

**TAG:** There is a 4 counts tag after wall 5.

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