

**CRY MYSELF TO SLEEP**

**DANCE BY NANCY & DEWAYNE BALDWIN**

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**RECORD LAMON LR 10189**

**ARTIST GARY RAY**

**FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45**

**RHYTHM FOXTROT PH IV + 1 [CRVD FTNR]**

**DATE 8-2012**

**SEQUENCE A B C A END**

**INTRO**

**1-4 CP WL;; 2 SD TCH; DIP & REC SCP;**

Wait;; Sd L, tch R, sd R, tch L; Bk L,-, rec R;

**PART A**

**1-4 SCP FWD RUN 2; PU RUN 2; 1 LF TRN CP RLOD; HVR CORTE;**

Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Fwd L,-, fwd R trn, cl L;  
Bk R & trn,-, sd & fwd L rise, rec R;

**5-8 BK HVR SCP; I/O RUNS;; START WEV TO BJO;**

Bk L,-, bk & sd R rise, rec L; Fwd R trn,-, sd & bk L, bk R; Bk L trn,-, sd & fwd R trn,  
fwd L; Fwd R,-, fwd L trn, sd & bk R;

**9-12 FIN WEV TO BJO; FWD SD CL CP WL; WSK; WING;**

Bk L,-, bk R trn, sd & fwd L; Fwd R trn,-, sd L, cl R; Fwd L,-, fwd & sd R, XLib;  
Fwd R,-, draw L, tch L;

**13-16 REV WAV;; CL IMP; FEA FIN;**

Fwd L, fwd R trn, bk L; Bk R,-, bk L, bk R; Bk L,-, heel trn, sd & bk L CP LOD;  
Bk R,-, sd & fwd L, XRif;

**PART B**

**1-4 DIA TRNS;;;;**

Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;

**5-8 TELE TO SCP; CRVD FTNR; IMP TO SCP; WEV 3 BJO;**

Fwd L trn,-, fwd R trn, sd & fwd L; Fwd R trn,-, fwd L trn, fwd R & ck;  
Bk L,-, cl R trn, fwd L; Fwd R,-, fwd L trn, sd & bk R;

**9-12 OUTSIDE CHANGE TO BANJO; DEVELOPE; OUTSD SWVL; MANUV;**

Bk L,-, bk R trn, sd & fwd L; Fwd R ck,-,-,-; Bk L,-, XRif [no wgt],-; Fwd R trn,-,  
fwd L trn, cl R CP RLOD;

**13-16 SPN TRN; BOX FIN; 2 LF TRNS CP WL;;**

Bk L pvt,-, fwd R rise, sd & bk L; Bk R trn,-, sd L, cl R; Fwd L trn,-, sd R, cl L;  
Bk R trn,-, sd L, cl R;

**PART C**

**1-4 CP WL WSK; WING; X HVR BJO; X HVR SCAR;**

Fwd L,-, fwd & sd R, XLib; Fwd R,-, draw L, tch L; XLif,-, sd & fwd R rise, fwd and sd L; XRif,-, sd & fwd L rise, fwd & sd R;

**5-8 X HVR BJO; FWD TCH; BK X HVR SCAR; BK X HVR BJO;**

XLif,-, sd & fwd R rise, fwd & sd L; Fwd R,-, tch L,-; XLib,-, sd R rise, rec L SCAR; XRib,-, sd L rise, rec R BJO;

**9-12 BK X HVR CP LOD; FEA FIN; TEL TO SCP; HVR FALWY;**

XLib,-, sd R rise, rec L; Bk R,-, sd & fwd L, XRif; Fwd L,-, fwd R trn, fwd L SCP; Fwd R,-, fwd L rise, rec R;

**13-16 SLP PVT BJO; MANUV; 2 RF TRNS;;**

Bk L,-, bk R trn, fwd L; Fwd R trn,-, fwd L trn, cl R CP RLOD; Bk L trn,-, sd R, cl L; Fwd R trn,-, sd L, cl R;

**END**

**1-4 REV WAVE;; OVR SPN TRN CP WL; BK SD CORTE;**

REAPET 13 PART A;; Bk L pvt,-, fwd R rise, sd & bk L; Bk R,-, sd L, melt look R LOD;