



# C R Y M Y S E L F T O S L E E P

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<b>CHOREO</b>	:	Annette and Frank Woodruff, rue du Camp, 87, B7034 Mons, Belgium, tel 32-65-731940, anfrank@skynet.be
<b>RECORD</b>	:	Cry Myself to Sleep: The Judds, RCA GS 5184-7-RG, flip Rockin' with the Rhythm of the Rain.
<b>FOOTWORK</b>	:	Opposite unless noted ( <i>Lady's footwork in parenthesis</i> )
<b>RHYTHM</b>	:	Cha Cha RAL Phase V + 1 (Follow my Leader)
<b>SEQUENCE</b>	:	<b>Intro-A-bridge-A-B-C-A-Interlude-C-D</b> Speed: 45 Time: 3.32

## MEAS

### INTRODUCTION

- 1 - 4 **BFLY WAIT;; SHOULDER TO SHOULDER 2X TO LH STAR;;**  
 BFLY wt 2 meas;; fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; fwd R to BFLY BJO, rec L to fc, sd R/cl L, fwd R trng to LH STAR RLOD;
- 5 - 8 **UMBRELLA TURN;;;**  
 Free hnd extd out fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R, cl L, fwd R (*fwd L trng 1/2 RF undr jnd hnds, rec R jn R hnds in frnt of M keep jnd L hnds abv W's head look at M fwd L/cl R, fwd L*); ext R hnds out fwd L, rec R, bk L/cl R, bk L (*fwd R trng 1/2 LF, rec L, fwd R/cl L, fwd R*); bk R, rec L, trng LF sd R/cl L, sd R to LOP FCG WALL (*fwd L trng 1/2 RF undr jnd hnds, rec R, trng RF sd L/cl R, sd L*);

### PART A

- 1 - 4 **ALEMANA;; SHOULDER TO SHOULDER TO SCAR; FOLLOW MY LEADER;**  
 Fwd L, rec R, sd L/cl R, sd L (3rd time thru Part A Alemana from Fan W cl R, fwd L, crvg RF fwd R/L, R to fc M); raising jnd hnds bk R, rec L, sd R/cl L, sd R (*trng RF undr jnd hnds fwd L, brush R fwd R cont full trn, fwd L/cl R, sd L*) to BFLY; (**Shldr to Shldr to SCAR**) fwd L to BFLY SCAR, rec R, bk L/cl R, bk L; **{Follow my Ldr}** XRib trng 1/8 RF to RLOD, fwd L trng 3/8 RF jnd hnds now bhd bk, fwd R/L, R to DC rel hnds(*fwd L trng RF undr jnd hnds, fwd R compg full trn, fwd L/R, L following M*);
- 5 - 8 **FOLLOW MY LEADER (CONT'D);;;**  
 [Fig 8 pattern] Circ LF fwd L, R, follow W L/R, L (*circ LF fwd R, L, R/L, R to DW*); circ RF fwd R, L, R/L, R to DC (*circ RF fwd L, R, follow M L/R, L*); circ LF fwd L, R, follow W L/R, L (*circ LF fwd R, L, R/L, R to DW*); bk R, rec L, sd R/cl L, sd R (*circ RF L, R, L/R, L*) to LOP FCG;
- 9 - 12 **OPEN BREAK; WHIP; FENCE LINE 2X;;**  
 Raising free hnd along sd of bdy & straight up w/palm out apt L, rec R brg hnd dwn, sd L/cl R, sd L jn bth hnds waist level; **{Whip}** Trng 1/4 LF bk R xg R hnd ovr L, rec L trng 1/4 LF & unxg hnds, sd R/cl L, sd R to BFLY COH (*fwd L, fwd R trng 1/2 LF, sd L/cl R, sd L*); **{Fence Line 2x}** Lunge thru L look LOD, rec R to fc, sd L/cl R, sd L; lunge thru R look RLOD, rec L to fc, sd R/cl L, sd R;
- 13-16 **OPEN BREAK; WHIP; CUCARACHA 2X;;**  
 Relg R hnd & raising it along sd of bdy & straight up w/palm out apt L, rec R brg hnd dwn, sd L/cl R, sd L jn bth hnds waist level; **{Whip}** Trng 1/4 LF bk R xg R hnd ovr L, rec L trng 1/4 LF unxg hnds, sd R/cl L, sd R to BFLY WALL (*fwd L, fwd R trng 1/2 LF, sd L/cl R, sd L*); **{Curarachas}** Sd L w/ partial wgt, rec R, sip L/R, L; sd R w/partial wgt, rec L, sip R/L, R;

### BRIDGE

- 1 - 2 **BASIC;;**  
 Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;

### PART B

- 1 - 4 **FLIRT;; SWEETHEART 2X;;**  
 [Chg hnds to R HND SHK] Fwd L, rec R, side & bk L/cl R, sd & bk L to VARSOU WALL (*bk R, rec L trng LF, cont trn to VARSOU sd R/cl L, sd R*); bk R, rec L, sd R/cl L, sd R (*bk L, rec R, sd L/cl R, sd L moving in frt of M to L-VARSOU*); **{Sweethearts}** Ck fwd L w/ R sd ld, rec R straighteng bdy, sd L/cl R, sd L slidg bhd W (*bk R w/ L sd ld, rec L straighteng gdy, sd R/cl L, sd R slidg acrs in frt of M*); ck fwd R w/ L sd ld, rec L straighteng bdy, sd R/cl L, sd R slidg bhd W (*bk L w/ R sd ld, rec R straighteng bdy, sd L/cl R, sd L slidg acrs in frt of M*);

- 5 - 8 **SWEETHEART TO FACE; SPOT TURN TO BFLY; DOUBLE CUBAN BREAKS 2X;;**  
 Ck fwd L w/ R sd ld, rec R straighteng bdy, sd L/cl R, sd L (bk R, rec L trng RF to fc ptr, sd R/cl L, sd R); {Spot Trn} XRif trng RF, rec L cont trn, side R/cl L, sd R to BFLY WALL; {Double Cubans} XLIF/rec R, sd L/rec R, XLIF/rec R, sd L; XRIF/rec L, sd R/rec L, XRIF/rec L, sd R;

**INTERLUDE**

- 1 - 4 **OPEN BREAK; WHIP; CUCARACHA 2X;;**  
 Relg R hnd & raising it along sd of bdy & straight up w/palm out apt L, rec R brg hnd dwn, sd L/cl R, sd L jn bth hnds waist level; {Whip} Trng 1/4 LF bk R xg R hnd ovr L, rec L trng 1/4 LF unxg hnds, sd R/cl L, sd R to BFLY COH (fwd L, fwd R trng 1/2 LF, sd L/cl R, sd L); {Cucarachas} sd L w/ partial wgt, rec R, sip L/R, L; sd R w/partial wgt, rec L, sip R/L, R;
- 5 - 8 **ALEMANA;; HAND TO HAND; WHIP;**  
 Fwd L, rec R, sd L/cl R, sd L; raise jnd hnds bk R, rec L, sd R/cl L, sd R (trng RF undr jnd hnds fwd L, brush R fwd R cont full trn, fwd L/cl R, sd L) to mom BFLY; {Hnd to Hnd} bk L trng 1/4 LF to OP RLOD, rec R to fc, sd L/cl R, sd L jn bth hnds waist level; {Whip} trng 1/4 LF bk R xg R hnd ovr L, rec L trng 1/4 LF & unxg hnds, sd R/cl L, sd R to BFLY WALL (fwd L, fwd R trng 1/2 LF, sd L/cl R, sd L);

**PART C**

- 1 - 4 **NEW YORKER; CRAB WALKS;; AIDA;**  
 XLif to LOP RLOD, rec R to fc, blend to BFLY sd L/cl R, sd L; {Crab Wlks} XRif, sd L, XRif/sd L, XRif; sd L, XRif, sd L/cl R, sd L; {Aida} thru R to fc LOD xg R hnd ovr L, sd L trng 1/2 RF to LOP RLOD, bk R/lk L, bk R to V bk-to-bk;
- 5 - 8 **SWITCH ROCK; SPOT TURN; HIP TWIST TO FAN;;**  
 Bk & sd L (bk & sd R) trng to fc, rec R to BFLY, sd L/cl R, sd L; {Spot Trn} XRif trng RF, rec L cont trn to fc WALL, side R/cl L, sd R to LOP-FCG; {Hip Twist to Fan} Fwd L, rec R, bk L/cl R, bk L bracing L arm at hip (bk R, rec L, fwd R/cl L, fwd R twd M's R sd, swvl on R ¼ RF); bk R, rec L, sd R/cl L, sd R (fwd L to LOD stg LF trn, sd & bk R compg 1/2 LF trn, bk L/lk R, bk L to FAN pos);

**PART D**

- 1 - 4 **ALEMANA;; LARIAT;;**  
 Fwd L, rec R, sd L/cl R, sd L (cl R, fwd L, crvg RF fwd R/L, R to fc M); raise jnd hnds bk R, rec L, sd R/cl L, sd R placing bk of R hnd against W's bk (trng RF undr jnd hnds fwd L, brush R fwd R cont full trn, fwd L/cl R, fwd L to M's R sd); {Lariat} sd L w/ partial wgt, rec R, sip L/R, L (circ CW arnd M fwd R, L, R/L, R); sd R w/ partial wgt, rec L, sip R/L, R (cont circ arnd M fwd L, R, L/R, L to BFLY);
- 5 - 8 **SHOULDER TO SHOULDER 2X TO LH STAR;; START UMBRELLA TURN;;**  
 Rpt Intro meas 3-6;;;;
- 9 - 12 **CONT UMBRELLA TURN;; HAND TO HAND; AIDA;**  
 Rpt Intro meas 7-8;; {Hnd to Hnd} bk L trng 1/4 LF to OP LOD, rec R to fc, sd L/cl R, sd L to BFLY; {Aida} Thru R to fc LOD xg R hnd ovr L, sd L trng 1/2 RF to LOP RLOD, bk R/lk L, bk R to V bk-to-bk & freeze;



The Judds,  
 Mother Naomi and  
 daughter Wynonna,  
 stormed the country  
 charts in the 1980s.