

NO MORE CRYIN'

DANCE BY NANCY & DEWAYNE BALDWIN

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ARTIST MC BRIDE & THE RIDE

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED 43

RHYTHM CHA CHA PH IV + 2 [STOP & GO HKY STK- OPN HIP TWST]

SEQUENCE A B C A B C[1-8] END

DATE 5-2015

INTRO

1-4 :: APT PT; TOG (W TOG CL) OPN BOTH L FT;

Wait;; Apt L,-, pt R twd ptr,-; Fwd R,-, tch L (W fwd L, cl R) OP LOD,-;

PART A

1-4 WK 2; WK2; FWD & BK BAS L VARS;;

Fwd L, cl R, fwd L/cl R, fwd L; Fwd R, cl L, fwd R/cl L, fwd R; Fwd L, rec R,
bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R;

5-8 PARALLEL CHS;; RK SD REC (LADY SPT TRN 4); FNC LIN;

Sd L, rec R, fwd L/cl R, fwd L; Sd R, rec L, fwd R/cl L, fwd R; Sd L, rec R,
stp L/stp R, stp L (W XLif trn, rec R trn, sd L, cl R); XR lun, rec L, sd R/cl L, sd R;

9-12 AIDA; SWCH RK; CRB WLKS;;

Fwd L trn, sd R trn, bk L/lk R, bk L; Trn sd R, rec L, sd R/cl L, sd R; XLif, sd R,
XLif/sdR, XLif; Sd R, XLif, sd R/cl L, sd R;

13-15 1/2 NY 2X;; NY 4; SD CL

Thru L, rec R to fc, sd L/cl R, sd L; Thru R, rec L to fc, sd R/sd L, cl R; Thru L,
rec R to fc, sd L, cl R; Sd L, cl R,

PART B

1-4 HD SHK OPN HIP TWST; FAN; STOP & GO HKY STK;;

Ck fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, sd R/cl L, sd R; Ck fwd L, rec R,
stp L/stp R, sd L; Ck fwd R, rec L, stp R/stp L, sd R;

5-8 ALEMANA;; LADY LRT;;

Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; Sd L, rec R, cl L/stp R,
stp L; Sd R, rec L, cl R/stp L, stp R;

9-10 SHLDR-SHLDR 2X;;

Rk fwd L, rec R, sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R;

PART C

- 1-4 **CHS PEEK-A-BOO DOUBLE;;;;**
Fwd L trn, rec R, fwd L/cl R, fwd L; Sd R, rec L, cl R/stp L, stp R; Sd L, rec R, cl L/stp R, stp L; Fwd R trn, rec L, fwd R/cl L, fwd R;
- 5-8 **FIN CHS PEEK-A-BOO;;;;**
Sd L, rec R, cl L/stp R, stp L; Sd R, rec L, cl R/stp L, stp R; Fwd L, rec R, bk L/cl R bk L; Bk R, rec L, fwd R/cl L, fwd R;
- 9-12 **BFLY VINE 2, FC-FC; VINE 2, BK-BK; CIRC AWY & TOG L COME TOG**
Sd L, XRib, sd L/cl R, sd L trn FC COH; Sd R, XLif, sd R/cl L, sd R trn FC PTR; Fwd L trn, fwd R, fwd L/cl R, fwd L; Fwd R trn, fwd L, fwd R/cl L, fwd R (W fwd L, fwd R, fwd L, fwd R);

END

- 1-4 **OPN BRK; WHIP LOP; BK TRPL CH;;**
Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L, sd R/cl L, sd R; Fwd L, rec R, bk L/lk R, bk L; Bk R/lk L, bk R, bk L/lk R, bk L;
- 5-8 **FWD TPL CH;; RK FWD REC FC; FNC LIN;**
Bk R, rec L, fwd R/lk L, fwd R; Fwd L/lk R, fwd L, fwd R/lk L, fwd R; Rk fwd L, rec R trn, stp L/cl R, stp L; XR lun, rec L, sd R/cl L, sd R;
- 9-12 **OPN BRK; WHIP; SHLDR-SHLDR 2X;;**
Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L, sd R/cl L, sd R; Rk fwd L, rec R, sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R;
- 13-14 **TRAV DR; LUN & TWIST;**
Rk sd L, rec R, XLif/sd R, XLif; Sd R,-, twist,-;