

SOMETIMES I CRY MYSELF TO SLEEP

Choreographer: Mike Seurer 449 East 5th Street, Fond du Lac, WI 54935 (920)907-1214

Record: Columbia 38-73413 "Sometimes I Cry In My Sleep", Ricky Van Shelton

Rhythm: Waltz

Speed: 48-49 rpm

Phase: II

Released: 5/03

Footwork: Opposite, except as noted

SEQUENCE: INTRO AABC ABC ENDING

INTRODUCTION

1----4 **WAIT;; APT PT; TOG TCH(BFLY)**
1-2 In OP/LOD wait 2 meas;
3-4 Apt L, pt R twd ptr,-; Tog R,- ,tch L to(BFLY/WALL);

PART A

1----4 **WALTZ AWAY & TOG;; SOLO TURN 6;;**
1-2 Waltz away from ptr L,R,L; Fwd R trng RF to fc ptr, sd L, cl R;
3-4 Trn 1/2 LF fwd L to fc COH, swvl 1/4 LF to fc RLOD bk R, cl L to R; Trn 1/4
LF to fc WALL bk R, sd L, cl R to L ending in CP/WALL;

5----8 **BOX;; REV BOX;;**
5-8 Fwd L, sd R, cl L; bk R, sd L ,cl R; Bk L, sd R, cl L, fwd R, sd L, cl R;

9----12 **BALANCE LEFT & RIGHT;; TWIRL VINE 3, PU/SDCAR:**
9-10 Swd L twd LOD, XRib, in place L; Swd R twd RLOD, XLib in place R;
11-12 Sd L, XRib of L, sd LOD on L(W twrl RF R,L,R); Thru R, sd L, cl R
(W thru L trng slightly LF, sd R, cl) end in SDCAR DW;

13----16 **3 PROG TWINKLES;; FWD FC CL;**
13-14 XLif(W XRib),sd R trng LF to BJO, cl L; XRif(W Xrib), sd L trng RF to
SDCAR, cl R;
15-16 XLif(W XRib),sd R trng LF to BJO, cl L; Fwd R, fc L, cl R;

PART B

1----4 **LEFT TURNING BOX;:::**
1-2 Fwd L trng 1/4 LF, sd R, cl L to R; Step bk twd RLOD on R trng 1/4 LF, sd
RLOD on L, cl R to L fc COH;
3-4 Fwd L trng 1/4 LF, sd R, cl L to R; Step back twd LOD on R trng 1/4 LF, sd
LOD on L, cl R to L;

5----8 **LACE ACROSS; FWD WALTZ; LACE BACK; FWD WALTZ:**
5-6 Small rk bk L, diag fwd R,L Xing behind W(Diag fwd R,L,R Xing in front
of M undr jnd ld hands) to LOP/LOD; Fwd waltz R,L,R;
7-8 Diag fwd L,R,L Xing behind W(W diag fwd Xing in front of M undr jnd
traling hnds) to OP/LOD; fwd waltz R,L,R;

9----12 **WALTZ AWAY; WRAP UP; FWD WALTZ; FWD FC CL;**
9-10 Waltz away from ptr fwd L, fwd R, cl L; Fwd R,L,R(W wrp LF into M's R
arm);
11-12 Fwd L,R, cl L;(W in wrped pos) fwd R, fc L, cl R;

13----16 **DIP DENTER; REC.TCH; DIP CENTER; REC, TCH;**
13-14 Dip bwd L twd RLOD,-,-; Rec R to CP/WALL, tch L;
15-16 Dip bwd L twd RLOD,-,-; Rec R to CP/WALL, tch L;

PART C

1----4 **STEP SWING; SPIN MANUV; 2 RIGHT TURNS;;**
1-2 In BFLY blend to OP/LOD stp fwd LOD on L, swing R fwd slightly off the floor,
hold on count; Manuv on R , sd L, cl R to end in CP/RLOD(W spin LF L,R,L);
3-4 In CP M feg RLOD, do two RF trng waltzes L,R,L; R,L,R toBFLY/WALL;

5----8 **CANTER TWICE;; APT PT, TOG,TCH;**
5-6 Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;
7-8 Apt L, pt R twd ptr,-; Tog R,- ,tch L to(BFLY/WALL);

ENDING

1---3 **TWIRL VINE; THRU FC CL; DIP/TWIST;**
1-2 Sd L, XRib of L, sd LOD on L(W twrl RF R,L,R); Stp thru on R, sd on L, cl R to
L to fc;
3- Bk L soft knee, twist 1/8 LF as couple w/ weight on both feet(Kiss);