CRY MYSELF TO SLEEP

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RECORD: Cry Myself to Sleep: The Judds, RCA GS 5184-7-RG, flip Rockin' with the Rhythm of the Rain.

FOOTWORK: Opposite unless noted (Lady's footwork in parenthesis)

RHYTHM: Cha Cha RAL Phase V + 1 (Follow my Leader)

SEQUENCE: Intro-A-bridge-A-B-C-A-Interlude-C-D 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 R 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 bd bk, fwd R/L, R to DC rel hnds(fwd L trng RF undr jnd hnds, rec R comp fig 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, R); 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 R; lunge thru R look RLOD, rec L to fc, sd R/cl L, sd R;

13-16 OPEN BREAK; WHIP; CUCARACHA 2X;;;
Rkg 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 HNDSHK] 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 hnd 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 hnd 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} XLI/Rec R, sd L/rec R, XLI/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;
XLI/Rec 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, 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 R, 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 ‘w 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 L/cl R, 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.