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 r; 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 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
       traing 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 fcg 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);