

# My Tears

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**Count:** 128

**Wall:** 4

**Level:** Phrased Intermediate

**Choreographer:** Tjwan Oei (April 2018)

**Music:** My Tears - by Mandy Barnett

**Sequence : A - A - B - B ( 32 count ) - Tag - A - B - Ending B ( Pos. 7 & Pos. 8 )**

**A : 64 counts**

**A01: Step to right side - Drag & touch - Rock back - Recover - Step forward ( L - R ) - Shuffle forward**

**1-2&RF. step to right side - LF. drag to RF. - LF. touch beside RF.**

**3-4LF. rock back - Recover weight onto RF.**

**5-6LF. step forward - RF. step forward**

**7&8LF. step forward - RF. step together - LF. step forward**

**A02: Rock forward - Recover - Pivot  $\frac{1}{2}$  turn right - Step forward - Shuffle  $\frac{1}{2}$  turn right forward - Coaster step**

**1-2RF. rock forward - Recover weight onto LF.**

**3-4RF. step  $\frac{1}{2}$  turn right forward - LF. step forward**

**5&6RF. step  $\frac{1}{4}$  turn right forward - LF. step  $\frac{1}{4}$  turn right forward - RF. step together beside LF.**

**7&8LF. step back - RF. step together - LF. step forward**

**A03: Step fwd. - Touch - Step fwd. - Touch - Kick forward - Step behind - Step  $\frac{1}{4}$  turn left forward - Step forward ( R - L )**

**1-2RF. step forward - LF. touch beside RF.**

**3-4LF. step forward - RF. touch beside LF.**

**5&6RF. kick forward - RF. step behind LF. - LF. step  $\frac{1}{4}$  turn left forward**

**7-8RF. step forward - LF. step forward**

**A04: Jazz box - Jazz box with  $\frac{1}{4}$  turn right**

**1-2RF. cross over LF. - LF. step back**

**3-4RF. step to right side - LF. step together beside RF.**

**5-6RF. cross over LF. - LF. step back**

**7-8RF. step  $\frac{1}{4}$  turn to right side - LF. step together beside RF.**

**A05: Step diag. right forward - Lock - Step fwd. - Scuff forward - Step diag. left forward - Lock - Step fwd. - Scuff forward**

**1-2RF. step diagonally to right forward - LF. lock behind RF.**

**3-4RF. step forward - LF. scuff forward**

**5-6LF. step diagonally to left forward - RF. lock behind LF.**

**7-8LF. step forward - RF. scuff forward**

**A06: Rocking chair - Pivot  $\frac{1}{2}$  turn left - Pivot  $\frac{1}{4}$  turn left**

**1-2RF. rock forward - Recover weight onto LF.**

**3-4RF. rock back - Recover weight onto LF.**

**5-6RF. step forward - RF./LF. step  $\frac{1}{2}$  turn left forward**

**7-8RF. step forward - RF./LF. step  $\frac{1}{4}$  turn left forward**

**A07: Side rock - Recover - Cross over - Hold ( 2 X )**

**1-2RF. rock to right side - Recover weight onto LF.**

**3-4RF. cross over LF. - Hold**

**5-6LF. rock to left side - Recover weight onto RF.**

**7-8LF. cross over RF. - Hold**

**A08: Cross over - Step back - Step to right side - Cross over - Rock back - Recover - Step forward ( R - L )**

**1-2RF. cross over LF. - LF. step back**

**3-4RF. step to right side - LF. cross over RF.**

**5-6RF. rock back - Recover weight onto LF.**

**7-8RF. step forward - LF. step forward**

**B : 64 counts**

**B01: Side step - Together - Kick ball cross - Right chasse - Shuffle back with  $\frac{1}{4}$  turn left**

**1-2RF. step to right side - LF. step together**

**3&4RF. kick forward - RF. set ball down beside LF. - LF. cross over RF.**

**5&6RF. step to right side - LF. step together - RF. step to right side**

**7&8LF. step  $\frac{1}{4}$  turn left back - RF. step together - LF. step back**

**B02: Jazz box - Jazz box with  $\frac{1}{4}$  turn right**

**1-2RF. cross over LF. - LF. step back**

**3-4RF. step to right side - LF. step together beside RF.**

**5-6RF. cross over LF. - LF. step back**

**7-8RF. step  $\frac{1}{4}$  turn to right side - LF. step together beside RF.**

**B03: Side step - Together - Right chasse - Cross over - Recover - Left chasse with  $\frac{1}{4}$  turn left forward**

**1-2RF. step to right side - LF. step together beside RF.**

**3&4RF. step to right side - LF. step together - RF. step to right side**

**5-6LF. cross over RF. - Recover weight onto RF.**

**7&8LF. step to left side - RF. step together - LF. step  $\frac{1}{4}$  turn left forward**

**B04: Full turn left forward - Right chasse - Sailor cross with  $\frac{1}{4}$  turn left - Step forward ( R - L )**

**1-2RF. step ½ turn left back - LF. step ½ turn left forward**

**3&4RF. step to right side - LF. step together - RF. step to right side**

**5&6LF. cross behind RF. - RF. step ¼ turn left forward - LF. cross over RF.**

**7-8RF. step forward - LF. step forward**

**B05: Step diag. right forward - Lock - Step fwd. - Scuff forward - Step diag. left forward - Lock - Step fwd. - Scuff forward**

**1-2RF. step diagonally right forward - LF. lock behind RF.**

**3-4RF. step forward - LF. scuff forward**

**5-6LF. step diagonally left forward - RF. lock behind LF.**

**7-8LF. step forward - RF. scuff forward**

**B06: Rocking chair - Pivot ½ turn left - Pivot ¼ turn left**

**1-2RF. rock forward - Recover weight onto LF.**

**3-4RF. rock back - Recover weight onto LF.**

**5-6RF. step forward - RF./LF. ½ turn left forward**

**7-8RF. step forward - RF./LF. step ¼ turn left forward**

**B07: Side rock - Recover - Cross over - Hold ( 2 X )**

**1-2RF. rock to right side - Recover weight onto LF.**

**3-4RF. cross over LF. - Hold**

**5-6LF. rock to left side - Recover weight onto RF.**

**7-8LF. crossover RF. - Hold**

**B08: Cross over - Step back - Step to right side - Cross over - Rock back - Recover - Step forward ( R - L )**

**1-2RF. cross over LF. LF. step back**

**3-4RF. step to right side - LF. cross over RF.**

**5-6RF. rock back - Recover weight onto LF.**

**7-8RF. step forward - LF. step forward**

**TAG :**

**Hips sway ( R - L - R - L )**

**Ending :**

**Do the dance B ( Position 07 & 08 ) till the end ,..and then : Step forward - Pivot  $\frac{1}{2}$  turn left - Step forward - Pivot  $\frac{1}{4}$  turn left ( 12 )**

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