

# All Cried Out

**Count: 32**                      **Wall: 2/4**                      **Level: Intermediate**  
**Choreographer:**              **Margaret Murphy (Australia) March 2022**  
**Music:**                              **All Cried Out – Alison Moyet**

**Introduction: 16 counts – One Restart – 11/2 Turns can be replaced with ½ turns stepping RLRL**

## **NC Basic R, NC Basic L, Rock R Fwd. Replace, 1 ½ triple Right**

1-2&                      Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place  
3-4&                      Long step LF to L side, drag RF to L, step/rock back onto LF, step LF in place  
5-6                        Rock/step Fwd. onto RF, replace weight onto LF  
7&8&                      1 ½ Triple turn Right, stepping RLRL (Option: ½ turn R, stepping RLRL)6.00

## **NC Basic R, NC Basic L, ¼ Left, RockFwd, Replace, 1 ½ Right**

1-2&                      Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place  
3-4&                      Long step LF to L side, L drag RF behind L as you ¼ turn, stepping fwd onto LF  
5-6                        Rock/step Fwd. onto RF replace weight onto LF  
7&8&                      1 ½ turn Triple turn Right, stepping RLRL(Option: ½ turn R, stepping RLRL) 9.00

## **NC Basic R, NC Basic L, Rock Fwd/Back, Step R Lock Back, Step back, Rock Back /Replace, Step Lock Fwd. Right**

1-2&                      Long step RF to R side, drag LF to R, step/rock back onto LF, step RF in place  
3-4&                      Long step LF to L side, drag RF to L, step/rock back onto LF, step LF in place  
5-6                        Rock/Step Fwd onto RF, replace onto LF  
7&8&                      Step RF back, Lock LF in front of R, step back on RF, step LF Back, RLRL(9.00)

## **Rock/Step Back, Right, replace weight onto LF, Lock Step Fwd, Rock Replace ¼ Left Sailor Touch R.**

1-2                        Rock/step back onto RF, replace weight onto LF  
3&4                        Step RF fwd, & lock LF up behind RF, step fwd onto RF  
5-6                        Rock/step Fwd onto LF, replace weight onto RF  
7&8&                      ¼ Left Sweeping LF behind RF. Step onto LF, step RF to R side, step LF to L side, (Sailor step) Touch RF beside LF.(6.00)

**There is one restart:** Starting wall 3 at 12.00, Dance 20 counts, and restart facing 9.00, now dancing to side walls.

I hope you enjoy this dance, a bit different to my usual, No hips lol. M.M.