

# Cry No More

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Music: Artist: Chris de Burgh,  
CD: A Better World, Track 9, 3:07 or e.g. iTunes  
Rhythm: Bolero, same speed as on CD  
Phase: IV+2 (sweetheart, horseshoe turn)  
Difficulty: Average  
Sequence: Intro-AB-Inter-A(9-16)-B-End Version: 1.0, March 2017

## Intro

- 1-4 **WAIT PICKUP NOTES (4&) AND 1 MEASURE; HIP ROCKS; SWEETHEART 2x::**  
{Wait} TANDEM WALL W iF - lead foot free - wait ; ;  
{Hip rocks} Sd L rollg L hip, -, rec R rollg R hip, rec L rollg L hip (W sd R rollg R hip, -, rec L rollg L hip, rec R rollg R hip);  
{Sweetheart} Sd R, -, XLIF of R, rec R (W sd L, -, XRIB of L, rec L);  
{Sweetheart} Sd L, -, XRIF of L, rec L (W sd R, -, XLIB of R, rec R);
- 5 **SWEETHEART WITH LADY SWIVEL TO BFLY;**  
{Sweetheart w/ W swivel to BFLY} Sd R, -, XLIF of R, rec R  
(W sd L, -, XRIB of L, rec L swiv ½ RF) to BFLY WALL;

## PART A

- 1-4 **BASIC;; NEW YORKER; REVERSE UNDERARM TURN;**  
{Basic} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;  
{New Yorker} Sd L, -, trng to OP LOD fwd R, bk L trng in to LOP FCG;  
{Reverse underarm turn} Sd R, -, trng RF fwd & XLif, bk R trng LF  
(W sd L, -, fwd & across R trng LF under joined lead hnds, fwd L continue LF trn) to LOP FCG;
- 5-8 **NEW YORKER; OPEN BREAK; HAND TO HAND 2x; TO OPEN;**  
{New Yorker} Repeat Measure 3 of Part A  
{Open break} Sd R, -, rk apt L, rec/fwd R (W sd L, -, rk apt R, rec/fwd L);  
{Hand to hand} Sd L trng to LOP RLOD, -, bk R, fwd L to BFLY WALL;  
{Hand to hand} Sd R trng to OP LOD, -, bk L, fwd R to OP LOD;
- 9-12 **BOLERO WALKS; TO FACE; 2 SLOW HIP ROCKS; UNDERARM TURN;**  
{Bolero walks} Fwd L, -, fwd R, fwd L;  
{Bolero walks} Fwd R, -, fwd L, fwd R trng to BFLY WALL;  
{2 slow hip rocks} Sd L rollg L hip, -, rec R rollg R hip, -;  
{Underarm turn} Sd L, -, bk R, fwd L (W sd R comm RF trn under jnd ld hnds, -, XLIF cont ½ RF trn, fwd R complete trn to fc ptr) to LOP FCG WALL;
- 13-16 **HORSESHOE TURN;; TIME STEP 2x; LEFT ½ OPEN;**  
{Horseshoe turn} Sd & fwd R to V POS, -, thru L, rec R raise lead hnds;  
Fwd L start ½ LF circle around W, -, fwd R cont circle, fwd L finish circle to fc ptr  
(W fwd R start ½ RF trn, -, fwd L cont RF circle under jnd ld hnds, fwd R circle to fc ptr)  
to LOP FCG COH;  
{Time step} Release hnds sd R, -, XLiB (W XRiB), rec R;  
{Time step} Sd L, -, XRiB (W XLiB), rec L to L ½ OP LOD;

## PART B

- 1-4 **OPEN IN AND OUT RUNS M X; W X TO FACE; LUNGE BRK; START TRNG BASIC;**  
{Open in and out runs M X} Fwd R LF around W, -, small fwd L, fwd R (W small fwd L, -, fwd R, fwd L);  
{W X} Small fwd L, -, fwd R, fwd L trng to FC (W fwd R LF around M, -, fwd L, fwd R trng to FC) to LOP COH;  
{Lunge break} Sd & fwd R, -, lower on R, rise on R (W sd & bk L, -, bk R, fwd L);  
{Start turning basic} In CP sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper body trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF);
- 5-8 **END TURNING BASIC; 2 SLOW HIP ROCKS; SHOULDER TO SHOULDER 2x;;**  
{End turning basic} Sd R, -, fwd L w/ contra check action, bk R;  
{2 slow hip rocks} Repeat measure 11 of Part A;  
{Shoulder to shoulder} Sd L, -, fwd R to BFLY-BJO, bk L to BFLY;  
{Shoulder to shoulder} Sd R, -, fwd L to BFLY-SCAR, bk R to BFLY ;
- 9-12 **BASIC;; RIGHT PASS LADY NO TURN; SWEETHEART;**  
{Basic} Repeat measure 1 and 2 of Part A;  
{Right pass W no turn} Fwd and sd L commence RF turn raise lead hands to create window, -, XRiB L continue RF trn, fwd L (W fwd R, -, fwd L, fwd R) to TANDEM COH;  
{Sweetheart} Repeat measure 3 of Intro;
- 13-16 **SWEETHEART 2X; WITH LADY SWIVEL TO BFLY; HIP LIFT 2x;;**  
{Sweetheart 2x W svivel to BFLY} Repeat measures 4-5 of Intro;;  
{Hip lift} Sd L bring R ft along sd L ft, -, w/ pressure on R toe lift L hip, lower hip;  
{Hip lift} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lower hip;

## INTER

- 1-3 **2 SLOW HIP ROCKS; HAND TO HAND 2x; TO OPEN;**  
{2 Slow hip rocks} Repeat measure 11 of Part A;  
{Hand to hand 2x to OP} Repeat measures 7-8 of Part A end OP RLOD;;

## Part A\*

Repeat measures 9-16 of Part A but start and end RLOD

## Part B

Repeat measures 1-16 of Part B but start RLOD and end WALL

## End

- 1-4 **HAND TO HAND 2x;; UNDERARM TURN; START HORSESHOE TURN;**  
{Hand to hand 2x} Repeat measures 7-8 of Part A but end in BFLY;;  
{Underarm turn; Start horseshoe turn} Repeat measures 12-13 of Part B;;
- 5-8 **FINISH HORSESHOE TURN; HORSESHOE TURN;; LARIAT 3 W LAY HEAD ON SHLDR;**  
{Finish horseshoe turn} Repeat measure 14 of Part B;  
{Horseshoe turn} Repeat measures 13-14 of Part B but start FC COH and end FC WALL;;  
{Lariat 3 W lay head on shldr} Small sd R, -, sd L, rec R  
(W fwd L start to curve RF around M, -, fwd R cont RF curve, fwd L cont RF curve to TANDEM WALL M iF W lay her head on M's R shoulder from behind);