



# Tears on My Pillow

Choreographer: by Wanda Heldt - Perth WA - Dec. 2009  
Music: Tears on my Pillow by Kapena  
Description: 32 count 2 Wall - Intermediate Line dance



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## 1. POINT STEPS [SYNCOPATION]

- 1&2 Touch Right toe forward, Step Right next to Left, Touch Left toe forward. \*\*\*
- &3 Step Left next to Right, Point Right toe to Right side.
- &4 Step Right next to Left, Point Left toe to Left side.
- &5 Step Left next to Right, Touch Right toe forward. \*\*
- &6 Step Right next to Left, Touch Left toe forward.
- &7 Step Left next to Right, Point Right toe to Right side.
- &8 Step Right next to Left, Point Left toe to Left side.

., 'Cngt pcv'lg'vgru' hqt'eqwpu'7-8

## STEP, CROSS SHUFFLE, ROCK, RECOVER, TOUCH

- & Step left behind Right.
- 5&6 Cross Right over Left, Step Left, Cross Right over Left.
- 7&8 Rock Left, Recover on Right, Touch Left toe next to Right.

## 2. 1/4 TURN RIGHT HITCH, SIDE SHUFFLE, 1/2 TURN LEFT SIDE SHUFFLE, CHARLESTON STEPS

- &1&2 Replace weight on Left turn 1/4 Right with a slight R.hitch, Stepping Right, Left, Right. [3:00]
- 3&4 1/2 turn Left on balls of Right, Stepping Left, Right, Left. [9:00]
- 5-6 Touch Right toe forward Step back on Right.
- 7-8 Touch Left toe back, Step forward on Left.

## 3. CHARLESTON STEPS, RIGHT HEEL JACK, LEFT HEEL JACK

- 1-2 Touch Right toe fwd, Step back on Right.
- 3-4 Touch Left toe back, Step Left next to Right.
- 5&6 Cross Right over Left, Step back on Left, Touch Right Heel Forward.
- &7&8 Step back on Right, Cross Left over Right, Step back on Right, Touch Left heel forward.

## 4. & STEP, BACK RIGHT MAMBO, BACK LEFT MAMBO, RIGHT BACK LOCK STEP, 1/4 TURN LEFT SAILOR STEP

- &1&2 Step on to Left and Rock back Right, Recover on Left, Step Right next to Left.
- 3&4 Rock back Left, Recover on Right, Step Left next to Right.
- 5&6 Step back Right, Lock left over Right, Step back Right.
- 7&8 Cross Left behind Right, 1/4 Turn Left Step out on to Right, Step out on to Left. [3:00]

Tguvctv'f 00J cxg'Hwp'kp'Nkg'('In Dance

., : 'Eqwpu'0VCI í 0Gpf 'qht'Y cm'7'hcelpi '8-22

## ROCK, RECOVER, FULL TRIPLE TURN

- 1-2,3&4 Rock forward on Right, Recover on Left, Full Triple turn Right, stepping R.L.R.
- 5-6,7&8 Rock forward on Left, Recover on Right, Full triple turn Left, Stepping L.R.L.

\*\*\* ENDING: [Only if you wish to do so.. but No Need.. just stop music.]

[ qw'y kntdg'hcelpi '34-22'gpf 'qht'32'Y cm' 'F q'eqwpu'3- 4 on Section 1. add the TAG & these 8 counts

## SLOW BACK LOCK STEP, SLOW FULL SWEEP UNWIND

- 1&2 Step back Right, Lock left over Right, Step back Right.
- 3&4 Step back Left, Lock Right over Left, Step back Left.
- 5-8 Sweep the Right toe and do a slow full unwind Right on counts 5,6,7 and step back on Right (ct.8) with a slight dip.