



Laugh Before I Cry

48 Count, 4 Wall, Intermediate

Choreographer: Alexis Strong (UK) Jan 2018

Choreographed to: All I Ever Do (Is Say Goodbye) by Zak Abel

Track: 3:00mins

Start On Vocals (8 Sec intro)

Section 1 Right Side Rock, Back Coaster Step, Left Step Pivot 1/2 Turn, Shuffle 1/2 Turn.

1-2 Rock R To R (1) Recover On L (2)
3&4 Step Back On R (3) Step Back On L (&) Step Fwd On R (4)
5-6 Step L Fwd (5) Pivot 1/2 Turn R, Step On R (6) 6:00
7&8 Making 1/2 Turn R, Step On L (7) Step R To L (&) Step Back On L (8) 12:00

Section 2 X2 Drag Walks Back , Right Coaster Step, Cross Samba's X2

1-2 Step Back On R, Drag L To R (1) Step Back On L, Drag R To L (2)
3&4 Step Back On D (3) Step L To R (&) Step R Fwd (4)
5&6 Cross L Over R (5) Rock R To R Side (&) Recover On L (6)
7&8 Cross R Over L (7) Rock L To L Side (&) Recover On R (8)

Section 3 Cross 1/4 Turn, Back Left Shuffle, Full Turn Right, Forward Right Shuffle.

1-2 Cross L Over R (1) Making 1/4 Turn L, Step Back On R (2) 9:00
3&4 Step Back On L (3) Step R To L (&) Step Back On L (4)
5-6 Over R Shoulder, Make 1/2 Turn, Step On R (5) 3:00 Over R Shoulder, Make 1/2 Turn, Step On L (6) 9:00
7&8 Step R Fwd (7) Step L To R (&) Step R Fwd (8)

Section 4 Mambo Steps Forward And Back, 1/2 Turn Lock Steps. (1/2 Semi Circle)

1&2 Rock Fwd On L (1) Recover Back On R (&) Step Back On L (2)
3&4 Rock Back On R (3) Recover Fwd On L (&) Step R Beside L (4)
5&6& Making 1/8 Turn L, Step On L (5) Lock R Behind L (&) Making 1/8 Turn L, Step On L (6) Lock R Behind L (&)
7&8 Making 1/8 Turn L, Step On L (7) Lock R Behind L (&) Making 1/8 Turn L, Step Fwd On L (8) 3:00

Section 5 Points Forward, Side, Coaster Step X2.

1-2 Point R Fwd (1) Point R To R Side (2)
3&4 Step Back On R (3) Step L To R (&) Step R Fwd (4)
5-6 Point L Fwd (5) Point L To L Side (6)
7&8 Step Back On L (7) Step R To L (&) Step L Fwd (8)

Section 6 Body Roll Forward, Right Mambo, Walks Back X2, Left Coaster Step.

1-2 Step Fwd On R, (Bend Knee Slightly) (1) Step L Together (Push Hips And Stomach Up, Chest Fwd) (2)
3&4 Rock R Fwd (3) Recover Back On L (&) Step Back On R (4)
5-6 Walk Back L (5) Walk Back R (6)
7&8 Step Back On L (7) Step R To L (&) Step L Fwd (8)

Restart Wall 3 After Count 8

Tag During Wall 6 After Count 12.

1-2 Walk Fwd L (1) Walk Fwd R (2)
3-4 Walk Fwd L (2) Hitch R Fwd (4)

Then Restart

Ending Wall 8 After Count 32 Cross R Over L, Unwind To Front.

Enjoy!

Last Update – 28th Jan 2018