

# My Foolish Heart

**COPPER** **KNOB**  
STEPPERS

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Nancy Lee (MY) - July 2015

Music: My Foolish Heart by Rod Steward



Intro : Starts on Vocal ( 2x 8 ) - Sequence : AA AA BA AA- Ending(24 Count )

## Part A ~ 32 Count

### SECTION A1: [1-8]□R Cross, ¼ Turn R, L Sweep & Step , Touch R, Repeat

- 1-2 R cross over L, L Sweep ¼ Turn R
- 3-4 L Step down, Touch R to R ( 3:00)
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4□ ( 6:00)

### SECTION A2: [9-16]□R Lunge Fwd, Recover L, R Step Back, ¼ Turn L Sweep Ronde, L Behind Side Cross, ¼ Turn R ,Step R Fwd, ½ Turn R , Touch L To L

- 1-2 R Lunge Fwd, Recover on L
- 3-4 R Step Back, L Sweep Ronde ¼ Turn L ( 3:00)
- 5&6 L Cross Behind R, R Step To R , L Cross over R
- 7-8 ¼ R , Step R Fwd ,½ Turn R on ball of R, Touch L to L (12:00)

### SECTION A3: [17-24]□L Side Rock, Recover R, L Cross over R, ¼ Turn L, R Step Back, L Step Back, R Rock Back, Recover L, Triple Step Full Turn L

- 1-2 L Side Rock, Recover on R
- 3&4 L Cross R , ¼ Turn L, R Step Back, L Step Back ( 9:00)
- 5-6 R Rock Back, Recover on L
- 7&8 Triple Step Full Turn L (9:00)

### SECTION A4: [25-32]□¼ Turn R, Step L to Side, Touch R , R Side Rock, Recover L, 1/2 Turn L, R Side Rock, Recover L, ¼ Turn L , R Side Rock, Recover L

- 1-2 ¼ Turn R, Step L To L , Touch R Beside L (12:00)
- 3-4 R Side Rock, Recover on L
- 5-6 On Ball of L , ½ Turn L , R Side Rock, Recover on L (6:00)
- 7-8 On Ball of L , ¼ Turn L , R Side Rock, Recover on L (3:00)

## Part B ~ 32 Count ( Facing 12:00)

### SECTION B1: [1-8]□R Step Back, ¼ Turn L, L Behind Side Cross, Side Rock, Recover , Cross x 3

- 1 R Step Back□□□□(12:00)
- 2&3 ¼ Turn L, L cross Behind R , R to R, Cross L Over R ( 9:00)
- 4&5 R Side Rock, Recover L, R Cross Over L
- 6&7 L Side Rock, Recover R , L Cross Over R
- 8&1 R Side Rock, Recover L, R Cross Over L

### SECTION B2: [9 – 16]□Recover L, ½ Turn R, R Fwd, L Fwd , Side Rock, Recover , Cross x 3

- 2&3 Recover on L , ½ Turn R, Step Fwd R , L ( 3:00)
- 4&5 R Side Rock, Recover L, R Cross Over L
- 6&7 L Side Rock, Recover R , L Cross Over R
- 8&1 R Side Rock, Recover L, R Cross Over L

### SECTION B3: [17-24]□¼ Turn R, L Coaster Cross, Side Rock, Recover , Cross x 3

- 2&3 ¼ Turn R, L Step Back, R Together , L Cross Over R (6:00)
- 4&5 R Side Rock, Recover L, R Cross Over L
- 6&7 L Side Rock, Recover R , L Cross Over R

8&1 R Side Rock, Recover L, R Cross Over L (6:00)

**SECTION B4: [25-32] Triple Step Walk Around( Circle) in 360 degree**

2&3 Walk around with L R L via L Shoulder

4&5 Walk around with R L R via L Shoulder

6&7 Walk around with L R L via L Shoulder

8& R Step Fwd (8), ½ Pivot L, Step L Fwd (&)

( Note: 2&3 to 6&7 are travelling in full circle )

**ENDING – 24 Count ( Facing 9:00)**

**Repeat :**

**Section A1 - 8 Count**

**Section A2 - 6 Count , R Side Rock (7), Recover on L (8) (Facing 12:00)**

**Section 3**

1-2 R Side Rock , Recover L

3&4 ¼ Turn L , Reversed Rolling Vine Fwd, RLR ( 9:00)

5-8 ¼ Turn R, Recover on L, Sweep R , Sweep L, Sweep & Step R & POSE ! (12:00)

**For Song & Step sheet, please contact: Email : [swan9198@gmail.com](mailto:swan9198@gmail.com)**

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