

My Foolish Heart

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Nancy Lee (MY) - July 2015
音乐: 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
