

Cool To Be A Fool

拍数: 32 墙数: 4 级数:
编舞者: Sue Wilson (NZ) - August 2002
音乐: Cool to Be a Fool - Joe Nichols : (Album: Man With A Memory)



* ¼ R Progression

Side Rock, Cross, Hold. Ball Step, Rolling Vine

1 - 4 Rock R to Side, Recover, Cross R over L, Hold
&5 Ball Step (L,R, feet still crossed),
6 - 8 Step L back (¼ turn R), Step R to side (1/2 turn R), Step L to Side (¼ turn R)

½ R, Rock Fwd Bck, Bck, ½ L, Rock Fwd Bck, Back, R Lock R

9 - 10 (Making ½ turn R) Rock Fwd onto R, Rock Back onto L
11 Step Back onto R
12 - 13 (Making ½ turn L) Rock Fwd onto L, Rock Back onto R
14 Step Back onto L
15 & 16 Step R diag back, Cross L over R, Step R diag back.

¼ L, Side Rock, Recover, Sailor Fwd

17 - 18 (Making ¼ turn L) Rock L to Side, Recover onto R
19 - 20 L Sailor Step Forward (L behind, Step R side, Step L fwd)

Rock Back, Turn ½ L, ½ turn L Shuffle

21 - 22 Rock Back onto R, ½ turn L stepping Fwd onto L,
23 & 24 (Making ½ turn L) Shuffle (RLR)

Rock Back, Forward, Shuffle Forward, ¼ Pivot R twice

25 - 26 Rock back onto L, Recover onto R
27 & 28 L Shuffle forward (LRL)
29 - 32 Step Fwd onto R, ¼ Pivot L onto L, Step Fwd, ¼ Pivot L

Restart: Following musical interlude and following count 24.....

Restart the dance.

Weight is on the R foot, so do a quick ball step on the & count, Before commencing from the beginning of the dance.

This is a fun piece of music. I always think its cool to be a fool. So when you do this dance think of Danuta and I and the fun and laughter we share.