

Fool No More

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gary Steele (UK) & Angela Palmer (UK)
音乐: Fool No More - S Club 8



- 1&2 Kick forward on the right, ball-step left forward
3&4 Point right to right side, bring right together, point left to side
5&6 Kick forward on the left, ball-step right forward
7&8 Point left to left side, bring left together, point right to side
- 1-2 Rock right out to side, recover
3&4 Behind-side cross
5-6 Side left, bring right together
7&8 Chasse to left making a $\frac{1}{4}$ turn to the left
- 1-2 Step forward on right, $\frac{1}{2}$ pivot over left shoulder
3&4 Shuffle forward on the right
5&6 Heel dig with left, bring left together, heel dig right
&7 Bring right together, heel dig left
8 Clap hands
- 1&2 Sailor left
3&4 Sailor right
5-6 Left toe dig behind right, unwind $\frac{1}{2}$ turn over left shoulder
7&8 Crossing shuffle with the right
- 1-2 Body roll to the left, touch right next to left
3-4 Body roll to the right, touch left next to right
5-6 Step left diagonally forward, bring right together and touch
7-8 Step right diagonally forward, bring left together and touch
- 1-2 Rock forward on the left, recover
3-4 Two moonwalks back (left, right)
5&6 Coaster left
7&8 Two walks forward right left

REPEAT

RESTART

On the 6th wall (9:00) near the end of the dance you will do your left coaster and then you will walk forward right. On the '&' count bring left foot next to right so you can restart the dance again

ALTERNATIVES

Instead of a behind-side cross, you can do a full turn cha-cha. On the moonwalks back you can just walk back for 2. With the body rolls you can just step to the side and touch