

# My Foolish Heart

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Nancy Lee (MY) - July 2015  
音樂: 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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