

# The Fool

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Derek Robinson (UK) - March 2017  
音樂: I'm The Fool - Lorraine McDonald



Or: The Fool (160 bpm) by Lee Ann Womack. Amazon & iTunes

Dance choreographed at 80 bpm

#16 count intro. One easy Tag at the end of wall 5

## Sec 1: □ACROSS, ¼ TURN, SIDE, CROSS ROCK, &, CROSS ROCK, SWAY, SWAY

1&2      Cross right over left, make ¼ turn right stepping back on left, step right to right side (3.00)  
3-4      Cross rock left over right, recover onto right  
&      Step left beside right  
5-6      Cross rock right over left, recover onto left  
7-8      Step right to right side with weight on right sway hips right, transfer weight onto left sway hips left

## Sec 2: □FORWARD ROCK, SHUFFLE ½ TURN x 2, ¼ TURN, POINT

1-2      Rock forward on right, recover onto left  
3&4      Shuffle back making ½ turn right, stepping - R L R (9.00)  
5&6      Shuffle forward making ½ turn right, stepping - L R L left (3.00)  
7-8      Make ¼ turn right stepping forward on right, point left toe to left side (6.00)

(Easy option for steps 3&4 and 5&6 without turns: "Shuffle back right, shuffle back left")

## Sec 3: □ACROSS, POINT, BEHIND, POINT, SAILOR STEP, SAILOR ¼ TURN

1-2      Cross left forward over right, point right toe to right side  
3-4      Cross right back behind left, point left toe to left side  
5&6      Cross left behind right, step right to right side, step left in place  
7&8      Cross right behind left, make ¼ turn left stepping left to left side, step right in place (3.00)

## Sec 4: □LEFT LOCK, &, RIGHT LOCK, &, FORWARD ROCK, SHUFFLE BACK ½ TURN

1-2&      Step diagonally forward on left, lock right behind left, step left beside right  
3-4&      Step diagonally forward on right lock left behind right, step right beside left  
5-6      Rock forward on left, recover onto right  
7&8      Shuffle back making ½ turn left, stepping - L R L (9.00)

Begin again

Tag: □At the end of wall 5 facing 9.00

1-2      Cross rock forward on right, recover onto left  
3-4      Rock to the right side on right, recover onto left