

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