

Fool

拍數: 112 牆數: 2 級數: Phrased Advanced
編舞者: Craig Miyamoto (USA) - July 2017
音樂: Fool - Fitz and The Tantrums



Count In: 16 counts from start of track, dance begins on vocals.

Order of the dance: A, B, B, C, A, B, B, C, A, 2nd half of A

The clock directions below where you end facing are based on the first time you perform each section

Part A: 64 counts

A: [1-8] Diagonal step, knee pops, diagonal step, points

1,2 Step fwd diagonal right on right (1), step left next to right (2)
&3&4 pop knees twice, with heels down on (3) and (4)
5,6 Step fwd diagonal left on left (5), tap right next to left (6)
7,8 Make 1/4 turn left pointing right to right side (7), Make 1/4 turn left pointing right to right side (8), 6:00

A: [9-16] Weave, slide, hip dips

1,2 Cross right over left (1), step left to left side (2)
3&4 Step right behind left (3), step left to left side (&), cross right over left (4)
5,6 Big step left to left side (5), drag right toward left stepping right next to left (6)
7,8 Drop right hip down bending right knee slightly (7), drop left hip down bending left knee slightly (8)

A: [17-24] Step hitches, grapevine, cross shuffle

1,2 Step fwd diagonal right on right (1), hitch left knee (2)
3,4 Step fwd diagonal left on left (3), hitch right knee (4)
5,6 Step right to right side (5), step left behind right (6)
&7&8 Step right to right side (&), cross left over right (7), step right to right side (&), cross left over right (8)

A: [25-32] Out-out-in-in x2, sweep, jazz box

&1&2 Step right out to right side (&), step left out to left side (1), recover right directly beneath you (&), collect left next to right (2)
&3&4 Step right out to right side (&), step left out to left side (3), recover right directly beneath you (&), cross left over right (4)
5,6 Sweep right fwd (5), cross right over left (6)
7,8 Step back on left (7), step right next to left (8)

A: [33-40] Syncopated fwd rocks, coaster step, heel twists

This is where the Tag starts from on the 3rd wall

1,2& Rock left fwd (1), recover on right (2), step left next to right (&)
3,4 Rock right fwd (3), recover on left (4)
5&6 Step back on right (5), step left next to right (&), step fwd on right (6)
7&8 While staying on balls of feet twist heels right, left, right while making 1/2 turn left (7&8), 12:00

A: [41-48] Turning weave, turning cross shuffle

1&2 Hook left behind right (1), step right to right making a 1/8 turn to left (&), cross left in front of right making 1/8 turn to left (2), 9:00
&3,4 Step right to right making a 1/8 turn to left (&), hook left behind right (3), step right to right making a 1/8 turn to left (4), 6:00
5&6&7 Cross left over right (5), step right to right making a 1/8 turn to left (&), cross left over right (6), step right to right making a 1/8 turn to left (&), cross left over right (7), 3:00
8 Sweep right fwd (8)

A: [49-56] Cross back diagonal x2, cross, back, turn, rock

- 1,2& Cross right over left (1), step back on left (2), step slightly diagonal back right on right (&
3,4& Cross left over right (3), step back on right (4), step slightly diagonal back left on left (&
5,6,7,8 Cross right over left (5), step back on left (6), turn 1/2 turn right stepping fwd on right (7), rock
fwd on left (8), 9:00

A: [57-64] Sweep x3, coaster step, step, turn, together

- 1,2,3 Recover back on right sweeping left from front to back (1), step back on left sweeping right
from front to back (2), step back on right sweeping left from front to back (3)
4&5 Step back on left (4), step right next to left (&), step fwd on left (5)
6,7,8 Step fwd on right (6), turn 1/2 turn left stepping fwd on left (7), step right next to left (8), 3:00

Part B: 32 counts

B: [1-8] Hip rolls, turning stomps x3

- 1,2,3,4 Stomp left to left side while rolling hips (1,2), step right next to left while continuing to roll hips
(3,4), 3:00
5,6 Make 1/4 turn left stomping right to right side (5), hold (6), 12:00
7,8 Make 1/8 turn left stomping right to right side (7), make 1/8 turn left stomping right to right
side (8), 9:00

B: [9-16] Syncopated side rocks, fwd step, hip thrusts

- 1,2& Rock left to left side (1), recover on right (2), step left next to right (&
3,4& Rock right to right side (3), recover on left (4), step right next to left (&
5,6 Place left fwd keeping weight on right (5), hold (6)
7,8 Roll hips back to front (back, down, fwd, up) twice ending with weight on left (7,8)

B: [17-24] Slow charleston, coaster step,

- 1,2,3,4 Step fwd on right (1,2), swing left around and point fwd (3,4)
5,6 Swing left around and step back on left (5,6)
7&8 Step back on right (7), step left next to right (&), step fwd on right (8)

B: [25-32] Walk around 1/2 turn

- 1,2,3,4 Step fwd on left slowly (1,2), step fwd on right slowly while making a 1/8 turn left (3,4), 7:30
5,6,7,8 Step fwd on left making a 1/8 turn left (5), step fwd on right making a 1/8 turn left (6), step fwd
on left making a 1/8 turn left (7), step fwd on right (8), 3:00

Part C: 16 counts

C: [1-8] Scuff, press, heel twists, weave, 3/4 turn

- 1,2 Scuff left (1), press left diagonally fwd left (2), 3:00
3&4 Twist left heel out (3), twist left heel in (&), twist left heel out (4)
5&6 Step right behind left (5), step left to left side (&), cross right over left (6)
7,8 Unwind 3/4 turn left while transferring weight to left (7), step right to right side (8), 6:00

C: [9-16] Sailor step x2, hand gestures

- 1&2 Cross left behind right (1), step right next to left (&), step left to left side (2)
3&4 Cross right behind left (3), step left next to right (&), step right to right side (4)
5,6 Place hands in front of face with your elbows out while making a rectangle with your thumb
and forefingers (other fingers closed to palm) (5), while keeping one thumb and forefinger in
contact rotate your hands to make another rectangle (6)
7,8 Separate hands and make a sweeping gesture fwd and to the sides with palms out (7,8)

TAG: The 3rd A wall begins facing 12.00 and ends facing 3.00.

At the end of the 3rd wall of A repeat the last 32 counts of part A again.

You will end facing 12:00.

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