

Only a Fool

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Norman Gifford (USA) - January 2019
音樂: Only A Fool - Bouke



Rolling rhythm in 4/4 meter

(Step forward, forward lock-step, rock-step, back-lock-step, sweep behind)

1 Right step forward
2,a3 Left step forward; right lock behind; left step forward
4-5 Right rock forward; left replace back
6,a7 Right step back; left cross-lock; right step back
8 Left sweep behind

(Step side, cross-rock into sways, cross-lock-step, reverse-turn ½ right)

1 Right step side
2,a3 Left cross-rock; right replace; left step side in hip sway
4-5 Hip sway right; hip sway left
6,a7 Right crossover; left lock behind; right step crossed over
8 Left step side in spin turn ½ right [6:00]

*** [ENDING] (on 6:00 Wall #7, you will be facing 12:00)

(Step side, syncopated serpientè, pivot turn ¼ right, step-lock)

1 Right step side
2,a3 Left sweep across; right step side; left step back
4,a5 Right sweep behind; left step side; right crossover
6-7 Left step side; pivot turn ¼ right
8,a Left step forward; right lock behind

(Step forward, sweep, sweep, mambo-step back, sweeps back, sailor-step turning ½ right)

1-3 Left step forward; right sweep forward; left sweep forward
4&a Right rock forward; left replace; right step back
5-7 Left sweep back; right sweep back; left sweep back
8,a Right sweep back turning ½ right; left together [3:00]

BEGIN AGAIN

*** ENDING: Done slowly to match the speed of the lyrics

(Right long step side, hold, left step side, hold, right step side, hold, night-club steps right and left)

1-3 Right long step side; hold (2-3) hold through ("only a")
4 Left step side ("fool"); hold through ("breaks his own")
5 Right long step side on "heart" (wait for it!!!)
6,a7 Left rock back; right replace; left long step side
8,a1 Right rock back; left replace; right long step side into pose

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Last Update - 31st Jan. 2019