

Mr Fool

拍數: 64 牆數: 4 級數: High Improver
編舞者: Urban Danielsson (SWE) - January 2022
音樂: Cut and Run - Patrik Jean : (Cut and Run - single)



#36 counts intro

Section 1: Scissor step, hold, scissor step, hold

1 - 2 Step right to right side, step left next to right
3 - 4 Step right across in front of left, hold
5 - 6 Step left to left side, step right next to left
7 - 8 Step left across in front of right, hold

Section 2: Step pivot ¼ left, cross, hold, side, behind, side, hold

1 - 2 Step right forward, ¼ turn left step left to left side (9:00)
3 - 4 Step right across in front of left, hold
5 - 6 Step left to left side, step right behind left
7 - 8 Step left to left side, hold

Section 3: Rock-recover, ¼ turn right, step pivot ½ turn right, step forward

1 - 2 Cross rock right in front of left, recover weight onto left
3 - 4 ¼ turn right step right forward, hold (12:00)
5 - 6 Step left forward, pivot ½ turn right step onto right forward (6:00)
7 - 8 Step left foot forward, hold

Section 4: Rock-recover, step back, hold, coaster cross, hold

1 - 2 Rock right foot forward, recover weight onto left
3 - 4 Step right foot back, hold
5 - 6 Step left foot back, step right next to left
7 - 8 Step left across in front of right, hold

Restart: On wall 5 restart the dance (you will be facing 6:00)

Restart/tag: On wall 7 do the 4 counts tag and restart the dance (you will be facing 3:00)

Section 5: Side, together, side, hold, cross rock-recover, ¼ turn left

1 - 2 Step right to right side, step left next to right
3 - 4 Step right to right side, hold
5 - 6 Cross rock left in front of right, recover weight onto right
7 - 8 ¼ turn left step forward onto left (3:00)

Section 6: ½ turn, ½ turn, forward, hold, rock-recover, step back, hold

1 - 2 ½ turn left step right back, ½ turn left step left forward (3:00)
3 - 4 Step right forward, hold
5 - 6 Rock left foot forward, recover weight onto right
7 - 8 Step left foot back, hold

Section 7: Toe strut back x 2, coaster step, hold

1 - 2 Step right toes back, step down on right heel
3 - 4 Step left toes back, step down on left heel
5 - 6 Step right foot back, step left foot next to right
7 - 8 Step right foot forward, hold

Section 8: Kick-ball-stomp, hold, kick-ball-stomp, hold

1 - 2 Kick left foot forward, step left foot next to right

- 3 - 4 Stomp right next to left (no weight), hold (weight should now still be on left foot)
- 5 - 6 Kick right foot forward, step right foot next to left
- 7 - 8 Stomp left foot next to right (with weight), hold (weight should now be on left foot)

Tag: Will occur after wall 3, wall 6, after 32 counts on wall 7 and after wall 9. (you will be facing 9:00 on wall 3, 6 and 9)

V-step (out-out-in-in)

- 1 - 2 Step right diagonally forward, step left diagonally forward
- 3 - 4 Step right back, step left next to right

Enjoy the music and the dance!
