

No Foolin'

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lana Harvey (USA)
音樂: Somebody's Fool - George Lee, Jr. & the Crazy Cowboys



VINE, BRUSH, ¼ TURN SHUFFLE, HEEL-BALL-STEP

1-2 Step right to right, cross step left behind right
3-4 Step right to right, brush left forward and around to left
5&6 Shuffle left-right-left to left side making ¼ turn left
7&8 Touch right heel forward, step on ball of right next to left, step left slightly forward

½ PIVOT, ¼ PIVOT, HOLD, BALL-STEP, ANGLED SHUFFLE

9-10 Touch right toe forward, pivot ½ turn left on ball of left, weight ending on left
11-12 Touch right toe forward, pivot ¼ turn left on ball of left, weight ending on left
13&14 Hold, step ball of right next to left, step slightly forward left
15&16 Shuffle right-left-right slightly forward on a 45 diagonal

VINE, BRUSH, ¼ TURN SHUFFLE, HEEL-BALL-STEP

17-18 Step left to left, cross step right behind left
19-20 Step left to left, brush right forward and around to right
21&22 Shuffle right-left-right to right side making ¼ turn right
23&24 Touch left heel forward, step on ball of left next to right, step right slightly forward

½ PIVOT, ¼ PIVOT, FORWARD ROCK, RECOVER, ½ TURN SHUFFLE

25-26 Touch left toe forward, pivot ½ turn right on ball of right, weight ending on right
27-28 Touch left toe forward, pivot ¼ turn right on ball of right, weight ending on right
29-30 Rock forward onto left, rock back onto right
31&32 Shuffling left-right-left in place make ½ turn left

WEAVE, SIDE ROCK, RECOVER, HOLD, BALL-STEP ¼ TURN

1-2 Step right to right, cross step left behind right
3-4 Step right to right, cross step left over right
5-6 Step right to right rocking weight onto it, recover weight on left
7&8 Hold, step ball of right next to left, step left to left making ¼ turn left

SHUFFLE FORWARD, ½ PIVOT, SHUFFLE FORWARD TWICE

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 Touch right toe forward, pivot ½ turn left on ball of left weight ending on left
7&8 Shuffle forward right-left-right

WEAVE, SIDE ROCK, RECOVER, HOLD, BALL-STEP ¼ TURN

1-2 Step left to left, cross step right behind left
3-4 Step left to left, cross step right over left
5-6 Step left to left rocking weight onto it, recover weight on right
7&8 Hold, step ball of left next to right, step right to right making ¼ turn right

FORWARD ROCK, RECOVER, FULL BACK TURN, BACK COASTER, ½ PIVOT

1-2 Rock forward onto left, rock back onto right
3 Pivoting on ball of right ½ turn left, step forward on left
4 Pivoting on ball of left ½ turn left, step back on right

5&6 Step back on left, step right next to left, step forward on left
7-8 Touch right toe forward, pivot ½ turn left on ball of left weight ending on left

REPEAT

BRIDGE

VINE, BRUSH, VINE, BRUSH

1-2 Step right to right, cross step left behind right
3-4 Step right to right, brush left forward and around to left
5-6 Step left to left, cross step right behind left
7-8 Step left to left, brush right forward and round to right

This bridge is used every time you do the 64 count pattern when danced to the George Lee music so you actually have a 72 count pattern. If you are dancing it to any other music, just leave off the 8 count bridge for a 64 count dance

OPTIONAL ENDING

Dance ends on count 48 of 5th pattern. For a nice finish, step forward right on count 47 and hold.
