These Foolish Things



拍數: 32 牆數: 4 級數: Improver

編舞者: Brenda Hancock (CAN)

音樂: These Foolish Things - Rod Stewart



TOUCH RIGHT FORWARD, STEP BACK RIGHT, LEFT SHUFFLE BACK, ROCK, RECOVER, PIVOT 1/4 TURN LEFT

1-2 Touch right foot forward, step back on right foot

3&4 Left shuffle back

5-6 Rock back on right foot, recover to left foot

7-8 Step forward on right foot and pivot 14 turn left (shift weight onto left foot)

VINE 2 RIGHT, RIGHT SHUFFLE TO SIDE, STEP LEFT ACROSS RIGHT, RECOVER TO RIGHT, LEFT SHUFFLE TO SIDE

9-10 Step right to side, step left behind right 11-12 Right shuffle to side (right, left, right)

13-14 Step left across right, recover to right foot in place

15-16 Left shuffle to side (left, right, left)

PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD, ROCK LEFT FORWARD, RECOVER TO RIGHT, LEFT COASTER STEP

17-18 Step right forward, pivot ½ turn left and shift weight to left foot

19&20 Right shuffle forward

21-22 Step left foot forward, recover to right foot,

23&24 Step back on left, step right beside left, step left forward

STEP, TOUCH DIAGONALLY FORWARD RIGHT AND LEFT, STEP, TOUCH DIAGONALLY BACK RIGHT AND LEFT

25-26	Step right diagonally forward to 1:00, touch left beside right
27-28	Step left diagonally forward to 11:00, touch right beside left
29-30	Step right diagonally back to 5:00, touch left beside right
31-32	Step left diagonally back to 7:00, touch right beside left

REPEAT

TAG

Dance the choreography steps 1-32 through four times. Dance the tag (instrumental break) a total of five times. Dance the choreography steps 1-32 through another three times

1-2 Step right to the side, slide left to beside right3-4 Step right to the side, slide left to beside right

5&6 Right shuffle turning ¼ turn right

7&8 Left cross shuffle: (step left across right, step right to side, step left across right)

FINISH:

Dance the choreography steps 1-22 and then to finish:

23 Step left at ¼ turn left

24 Hold