

# Fool No More

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Gary Steele (UK) & Angela Palmer (UK)  
音樂: Fool No More - S Club 8



- 1&2      Kick forward on the right, ball-step left forward  
3&4      Point right to right side, bring right together, point left to side  
5&6      Kick forward on the left, ball-step right forward  
7&8      Point left to left side, bring left together, point right to side
- 1-2      Rock right out to side, recover  
3&4      Behind-side cross  
5-6      Side left, bring right together  
7&8      Chasse to left making a  $\frac{1}{4}$  turn to the left
- 1-2      Step forward on right,  $\frac{1}{2}$  pivot over left shoulder  
3&4      Shuffle forward on the right  
5&6      Heel dig with left, bring left together, heel dig right  
&7      Bring right together, heel dig left  
8      Clap hands
- 1&2      Sailor left  
3&4      Sailor right  
5-6      Left toe dig behind right, unwind  $\frac{1}{2}$  turn over left shoulder  
7&8      Crossing shuffle with the right
- 1-2      Body roll to the left, touch right next to left  
3-4      Body roll to the right, touch left next to right  
5-6      Step left diagonally forward, bring right together and touch  
7-8      Step right diagonally forward, bring left together and touch
- 1-2      Rock forward on the left, recover  
3-4      Two moonwalks back (left, right)  
5&6      Coaster left  
7&8      Two walks forward right left

## REPEAT

## RESTART

On the 6th wall (9:00) near the end of the dance you will do your left coaster and then you will walk forward right. On the '&' count bring left foot next to right so you can restart the dance again

## ALTERNATIVES

Instead of a behind-side cross, you can do a full turn cha-cha. On the moonwalks back you can just walk back for 2. With the body rolls you can just step to the side and touch