

Cool Fool

拍數: 64 牆數: 4 級數: Improver
編舞者: Ruth Rinehart (USA)
音樂: Cool to Be a Fool - Joe Nichols



QUARTER TURN ROCK STEPS AND HOLD

1-4 Step left quarter turn left, rock back on right, rock left, hold
5-8 Step right quarter turn left, rock back on left, rock right hold

QUARTER TURN ROCK STEPS AND HOLD REPEATED

1-4 Step left quarter turn left, rock back on right, rock left, hold
5-8 Step right quarter turn left, rock back on left, rock right hold

At the end of this sequence you should be back at 12:00

SYNCOPATED CROSS STEPS AND SHUFFLE IN PLACE

1-2&3-4 Cross left over right, hold, step back on ball of right foot, cross left over right, hold
&5-6-7&8 Step back on ball of right foot, cross left over right, step right, shuffle left right left in place

SYNCOPATED CROSS STEPS AND SHUFFLE IN PLACE

1-2&3-4 Cross right over left, hold, step back on ball of left foot, cross right over left, hold
&5-6-7&8 Step back on ball of left foot, cross right over left, step left, shuffle right left right in place

LOCK STEP FORWARD, BRUSH, LOCK STEP FORWARD, BRUSH

1-4 Step left foot forward, lock right behind left, step left forward, brush
5-8 Step right foot forward, lock left behind right, step right forward, brush

LOCK STEP BACK, KICK, LOCK STEP BACK, KICK

1-4 Step left foot back diagonally left, lock right in front of left, step left foot back, kick right forward
5-8 Step right foot back diagonally right, lock left in front of right, step right foot back, kick left forward

VINE LEFT WITH A ¼ LEFT TURN, TOUCH, LOCK STEP BACK, TOUCH LEFT IN FRONT OF RIGHT

1-4 Step left out, right behind left, step left into a left ¼ turn, touch right beside left
5-8 Step right foot back diagonally right, lock left in front of right, step right back, touch left in front and to the right of right.

TOUCH LEFT OUT LEFT, HOLD, STEP LEFT BESIDE RIGHT, HOLD, RIGHT MONTEREY TURN ENDING WITH A TOUCH

1-4 Touch left foot out to left, hold, step left beside right, hold
5-8 Touch right foot out, ½ right turn & step on right, touch left to left, touch left beside right

REPEAT