

Foolish (aka He Keeps Me)

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA) - June 2007
音樂: Foolish - Johnny Mathis



Or Music:

Mama Needs Someone to Hold Her by Larry Stewart (CD: Heart Like a Hurricane) 93 bpm

He Keeps Me in One Piece by Julie Reeves, CD: It's About Time, BPM: 96 BPM

Heart by Reba McEntire, CD: Oklahoma Girl, BPM: 96

You Make the Moonlight by 4 Runner, CD: 4 Runner, BPM: 98

Someone Must Feel Like A Fool by Kenny Rogers, CD: Back Home Again, BPM: 100

STEP DIAGONALLY FORWARD, SIDE, FORWARD, STEP DIAGONALLY FORWARD, SIDE, FORWARD

- 1,2,3 Step forward and Diagonally (towards 11:00) on Right heel, step Left toe to Left side, Step slightly forward on Right toe dropping heel to floor
- 4,5,6 Step forward and Diagonally (towards 1:00) on Left heel, step Right toe to Right side, Step slightly forward on Left toe dropping heel to floor

CROSS ROCK, RECOVER

- 1,2,3 Step Right foot across Left foot and forward, Step back on Left, step Right next to Left (Take Left hand And reach out as you step forward on your Right)

STEP LEFT ¼ TURN, STEP RIGHT ¾ TURN, STEP LEFT, CROSS, SIDE, STEP

- 1,2,3 Step Left to Left side ¼ turn to Left, Step forward on Right as you bring Left to Right while turning ¾ turn to Left, Set Left foot down to Left side
- 4,5,6 Cross Right over Left, Step Left to Left side (Lean into this), Shift weight back to Right

TIC-TOC'S - CROSS, ½ TURN STEP, STEP TO SIDE, CROSS, ½ TURN STEP, STEP TO SIDE

- 1,2,3 (TIC) Cross Left over Right, Step Right foot to Right side 1/2 turn to Left, Step Left foot to Left side
- 4,5,6 (TOC) Cross Right over Left, Step Left foot Left side 1/2 turn to Right, Step Right foot to Right side

CROSS ROCK STEP, RECOVER

- 1,2,3 Cross Left over Right, step back on Left, Step Left to Left side

SYNCOPATED CHASSE?S

- 1,2&3 Cross Right over Left, Step Left to Left side, Step Right next to Left, Step Left to Left Side
- 4,5&6 Cross Right over Left, Step Left to Left side, Step Right next to Left, Step Left to Left Side

CROSS ROCK, RECOVER, CROSS ROCK, RECOVER

- 1,2,3 Cross Right over Left, shifting weight back to Left, step Right foot to Right side
- 4,5,6 Cross Left over Right, sifting weight back to Right, stet Left foot to Right side

STEP, ¼ TURN, STEP BACK, STEP BACK, SYNCOPATED BACK LOCK

- 1,2,3 Step Right foot forward, Step Left foot forward ¼ turn to Left, Step Right foot back
- 4,5&6 Step back on Left, Step back Right, Cross Left over Right (like a lock step but not behind), step back on Right

SYNCOPATED BACK LOCK, DEVELOPE?

- 1,2&3 Step back on Left, Step back Right, Cross Left over Right (like a lock step but not behind), step back on Right

4,5,6 Men: Step back on Left, Drag Right foot for two (2) counts as you slide Right next to Left for a touch

4,5,6 Women: Step back on Left, Lift Right Knee slightly up and extend Toe forward (Point toe)

REPEAT!

Note: This Is dedicated to my Ballroom class at Southeastern Arkansas College?.Not enough Guys, so we did this for waltz. Thanks guys, for the dance!
