Foolish Heart



拍數: 64 編數: 2 級數: Easy Intermediate

編舞者: Jan Wyllie (AUS) - February 2010 音樂: Foolish Heart - The Mavericks



Start on vocals on word 'heart'

Side Rock/Replace, Behind Fwd, Fwd Back, Back Fwd	Side Rock/Replace	. Behind Fwd	. Fwd Back	Back Fwd
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1,2	Rock/step L to left, Rock/replace wt sideways onto R
3,4	Rock /step L behind R, Rock fwd onto R facing the left front corner
5,6	Rock/step fwd on L, Rock back on R (still facing the corner)
7,8	Rock/step back on L, Rock fwd on R (still facing the corner)

1/4 Shuffle, 1/4 Rock Replace, Behind Fwd, Side Touch

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9&10	Making 1/4 right shuffle back L,R,L
11,12	Making 1/4 right rock/step R to right, Rock/replace wt sideways onto L
13,14	Rock/step R behind L, Rock/replace wt fwd onto L
15,16	Step R to right, Touch L beside R (now facing back wall)
17-30	(REPEAT 1-14)
31,32	Step R to right, Step L behind R (now facing front wall)

Side Shuffle, Cross Rock Replace, 1/4 Shuffle, 3/4 Turn

33&34,35,36	Side/shuffle right stepping R,L,R, Cross/rock L over R, Rock back on R
37&38	Making 1/4 left shuffle fwd L,R,L
39,40	Making 1/2 left step back on R, Making 1/4 left step L beside R

Rock Fwd Back, Step Back Touch, Rock Fwd Back, Step Back Touch

41,42,43,44	Rock/step fwd on R, Rock back on L, Step back on R, Touch L beside R
45.46.47.48	Rock/step fwd on L. Rock back on R. Step back on L. Touch R beside L.

Side Lunge Hold, Side Together, Side Lunge Hold, Side Together

49,50,51,52	Big step to right on R, Hold keeping L toe in place, Replace wt onto L, Step R beside L
53,54,55,56	Big step to left on L, Hold keeping R toe in place, Replace wt onto R, Step L beside R

Rock Fwd Back, Rock Back Fwd, Shuffle Fwd, Step Pivot 1/2

57,58,59,60	Rock/step fwd on R, Rock back on L, Rock back on R, Rock fwd on L
61&62,63,64	Shuffle fwd R,L,R, Step fwd on L, Pivot 1/2 right transferring wt to R

*There is a 16 count tag at the end of wall 4

Fwd Back Back Hold, Back Fwd Fwd Hold, Rock LR Step Across Hold, Rock RL Step Across Hold

1,2,3,4	Rock/step fwd on L, Rock back on R, Step back on L, Hold
5,6,7,8	Rock/step back on R, Rock fwd on L, Step fwd on R, Hold
9,10,11,12	Rock/step L to left, Rock/replace wt sideways onto R, Step L across R, Hold
13,14,15,16	Rock/step R to right, Rock/replace wt sideways onto L, Step R across L, Hold

This is lovely gentle music and it feels so smoooooth to dance to. The Mavericks have a distinctive sound — you could never mistake them for anyone else that's for sure! They sing such a range of songs and I could listen to them all day—and sometimes do! (-:

This is not a hard dance, so don't let the step sheet fool you. Have a go and see what you think

Email:janwyllie@iinet.net.au Web Site: http://www.members.iinet.net.au/~janwyllie/			