

I Was A Fool

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Regina Cheung (CAN) - July 2013
音樂: I Was a Fool - Tegan and Sara



Intro : 16 counts

Sec 1: Side Back Rock, Chasse 1/4 Right, Sweep, Cross Side, Back Rock

1 2 3 Step left to left side, Rock right behind left, Recover on left
4&5 Step right to right side, Step left together, Step right forward ¼ right, Sweep left from back to front
6 7 Cross left over right, Step right to right side
8& Rock left behind right, Recover on right (3:00)

*** Wall 3 + Tag & Restart**

Sec 2: Side Rock, Behind Side Cross, Side Rock, Sailor 1/2 turn Right

1 2 Rock left on side, Recover on Right
3&4 Step left behind right, Step right to right side, Cross left over right
5 6 Rock right on side, Recover on Left, Sweep right from front to back
7&8 Right step behind, left turn 1/2 right turn, Right step forward (9:00)

Sec 3: Step, Full Turn Left Forward, Left Side Rock Cross, Right Side Rock Cross, Left Back Drag

1 Step left forward
2&3 Step right 1/2 left back, Step left 1/2 left forward, Step right forward
4&5 Rock left on side, Recover on Right, Cross left over right (slightly right diagonal)
6&7 Rock right on side, Recover on left, Cross right over left (slightly left diagonal)
8 Step left back long step, Drag right toward left (9:00)

Sec 4: Step Lock Step Lock Step (1/2 Right), Cross Side, Back Rock, Side Together

1 2 Step right forward, Lock left behind 1/4 right
3&4 Step right forward, Lock left behind, Step right forward 1/4 right
(Count 1-4 circular runaround to 3:00)
5 6 Cross left over right, Step right to right side
7& Rock left behind right, Recover on right
8& Step left small step to side, Step right together (3:00)

START AGAIN

TAG : Left Side Rock Behind Side Cross, Right Side Rock Behind Side Cross

1-2 Rock left on left side, Recover on right
3&4 Step left behind right, Step right to right side, Cross left over right
5 6 Rock right on right side, Recover on left
7&8 Step right behind left, Step left to left side, Cross right over left

*** Wall 3, dance up to Count 8, add Tag, Restart from beginning (9:00)**

**** End of Wall 5, add Tag, Start from beginning (3:00)**

Contact: rclinedanz3@yahoo.com