|  |  |
| --- | --- |
| Foolish (aka He Keeps Me) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Nancy Morgan (USA) - June 2007 | | | | |
| **Music:** | 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 3/4 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!**