And Fell In Love

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Michael Barr (USA) - November 2006
Music: Rise And Fall - Craig David & Sting : (CD: Slicker Then Your Average)

Or Music: ?I Fooled Around and Fell In Love? by Elvin Bishop CD ? The Best of BPM:80 slow

1 ? 8	**SIDE, ROCK-RETURN, ¼ LEFT, ¼ TOUCH SIDE - TURN ½ LEFT TOUCH SIDE,CROSS STEP, SIDE LEFT, TURN ½, CR0SS STEP**
1	Step R side right
2&3	Rock back onto L; Return weight to R; Turn ¼ left stepping L forward
4-5-6	On ball of left turn ¼ left touching R side right; On ball of left turn ½ left touching R side right; Cross R over left
7 & 8	Step left side left; Turning ½ right step R side right; Cross step L in front of right
9 ? 16	**SIDE, BEHIND-½ LEFT-CROSS, ¼ RIGHT - SYNCOPATED LOCK STEPS ENDING WITH A TOUCH SIDE LEFT**
1	Step R side right
2&3	Step L behind right; Turn ½ left stepping onto R in place; Cross step L in front of right
Note:	Try being on the balls of the feet when doing counts 2&3.
4	Turn ¼ right stepping forward onto R
5&6	Step L forward; (lock) Step R behind left; Step L forward
&7&8	(&)Step R forward; (7)(lock) Step L behind right; (&)Step R forward; (8)Touch L side left
Note:	As you step down on count 3, slightly torque the hips left (over rotate) and then on count 4 over rotate just a bit to the right when you step forward into your ¼ turn right. These two steps start to give the feel of swivels by over rotating left and right.
17 ? 24	**TRIPLE LEFT TURN, CROSS, STEP BACK - 1 ¼ TURN RIGHT, CROSS & CROSS**
1 & 2	In Place: Turn ½ left stepping onto L; Step R next to left; Turn ½ left stepping onto R (over rotate slightly)
3 - 4	Sweep (step) R crossing over left (keep right toe on floor); Step back onto L
5 & 6	1 ¼ Turn Right: Turn ¼ right stepping R side R; Turn ½ right stepping L side L; Turn ½ right stepping R side R
7 & 8	Cross step L in front of right; Step R side right; Cross step L in front of right
25 ? 32	**PRESS, RETURN, BEHIND & CROSS - SYNCOPATED ROCK CROSS STEPS**
1 - 2	Press R side right; Return weight to L
3 & 4	Step R behind left; Step L side right; Cross step R in front of left
&5&6	(&)Rock step L side left; (5)Return to R slightly back; (&)Step L in front of right; (6)Rock step R side right
&7&8	(&)Return to L slightly back; (7)Step R in front of left; (&)Rock step L side left; (8)Return to R slightly back
&	Step L in front of right

BEGIN AGAIN!

RESTART: If using the Elvin Bishop cut restart the dance after count 24 during the third rotation. You will be facing the back wall at that point. I like this version. The Rod Stewart version is different and will not work with the restart I have chosen.

Music note: ?Fooled Around & Fell In Love? is very slow and inspired the dance. It is available as a single download or with the cd mentioned above and ?Rise & Fall is faster and may be more appealing. It is available on the cd mentioned above.

Web access: http://www.michaelandmichele.com, **Email**: mbarr@saber.net