

Count: 64 Wall: 4 Level: Intermediate/Advanced

Choreographer: Kate Sala (UK)

Music: Fool No More - S Club 8



FORWARD ROCK, TRIPLE FULL TURN, CROSS STEP, SIDE STEP, TRIPLE ¾ TURN

1-2 Rock forward on right, rock back on left

3&4 Triple full turn right on the spot on right, left, right

Alternative: coaster step

5-6 Cross step left over right, step right to right side

7&8 Triple 3/4 left on left, right, left, traveling towards 3:00 wall

HEEL & TOE & KICK, STEP BACK, TOGETHER, WALK FORWARD TWICE, KICK, OUT, OUT

Dig right heel forward, step right in place, tap left toe back

&3&4 Step left in place, kick right forward, step back on right, step left next to right

5-6 Walk forward on right, left

7&8 Kick right forward, step right out to right side, step left out to left side

FULL TURN LEFT, CROSS ROCK, SCISSOR STEP, STEP LEFT, TOGETHER

1-2 Turn ½ left stepping right to right side, turn ½ left stepping left to left side

3-4 Cross rock right over left, recover on to left

Step right to right side, step left next to right, cross step right over left

7-8 Step left to left side, step right next to left

CROSS SHUFFLE, SIDE SHUFFLE, CROSS BEHIND, UNWIND ½ TURN, PIVOT ½ TURN

1&2 Cross step left over right, step right to right, cross step left over right 3&4 Step right to right side, step left next to right, step right to right side

5-6 Cross step left behind right, unwind ½ turn left

7-8 Step forward on right, pivot ½ turn left

CROSS STEP, HOLD, & CROSS, SIDE STEP, KICK BACK, BALL CROSS, SWEEP FORWARD

1-2 Cross step right over left, hold for 1 count

&3-4 Step left to left side, cross step right over left, step left to left side

Low kick right behind, step on ball of right in place, cross step left over right

7-8 Sweep right forward from back to front, step forward on right

PIVOT ½ TURN, TRIPLE ½ TURN, WALK BACK TWICE, BALL STEP, STEP WITH ¼ TURN LEFT

1-2 Step forward on left, pivot ½ turn right

3&4 Triple ½ turn right on left, right, left traveling back

5-6 Walk back on right, left

&7-8 Step on ball of right next to left, step forward on left, turn ¼ left stepping right to right side

FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, 3/4 TURN LEFT

1-2 Rock forward on left, rock back on right

3-4 Rock left out to left side, rock on right in place

5&6 Cross step left behind right, step right to right side, cross step left over right

7-8 Turn ¼ left stepping back on right, turn ½ left stepping forward on left

FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, SIDE STEP LEFT, SLIDE IN RIGHT

1-2 Rock forward on right, rock back on left

3-4 Rock right out to right side, rock on left in place

Cross step right behind left, step left to left side, cross step right over left
 Big step left to left side, slide right next to left, (keeping weight on left foot)

REPEAT

TAG

On the 5th wall, dance 32 counts only finishing on, unwind ½ turn, pivot ½ turn (3:00). Add

1-4 Rock forward on right, rock back on left, step back on right, step left next to right

Start dance again from the beginning