

Fast And Foolish

Count: 40

Wall: 0

Level:

Choreographer: Bryan Summers (UK)

Music: Speed of a Fool - Tracy Lawrence



Position: Couples in promenade position, both facing LOD; follow standing on the lead's right side; each will have heels together; lead's left hand will hold follow's left hand either in front of lead's left shoulder, in front of and slightly higher than lead's waist, or in front of the follow's left shoulder. Lead's right arm will reach behind the follow and hold follow's right hand in lead's right hand slightly to the right of follow's right shoulder or individual or as a linked-arms group

Standard steps for lead and follow are identical, except for counts 17-24

RIGHT AND LEFT FANS

- 1 Fan right toe outwards
- 2 Return right beside left
- 3 Fan right toe outwards
- 4 Return right beside left
- 5 Fan left toe outwards
- 6 Return left beside right
- 7 Fan left toe outwards
- 8 Return left beside right

LEFT AND RIGHT STROLLS WITH BRUSH

- 9 Step forward at 45 degree angle on left foot
- 10 Lock right foot behind left
- 11 Step forward at 45 degree angle on left foot
- 12 Brush right foot beside left
- 13 Step forward at 45 degree angle on right foot
- 14 Lock left foot behind right
- 15 Step forward at 45 degree angle on right foot
- 16 Brush left foot beside right

LEAD-LEFT AND RIGHT VINES

- 17 Step side left onto left foot
- 18 Cross right behind left and step
- 19 Step side left onto left foot
- 20 Hitch right knee
- 21 Step side right onto right foot
- 22 Cross left behind right and step
- 23 Step side right onto right foot
- 24 Make ¼ turn and hitch left knee

FOLLOW-TURNS WITH HITCHES

- 17 Begin turn to the left
- 18 Continue turn to the left
- 19 Finish turn to the left
- 20 Hitch right knee
- 21 Begin 1 ¼ turn to the right
- 22 Continue 1 ¼ turn to the right
- 23 Finish 1 ¼ turn to the right
- 24 Hitch left knee

LEFT VINE, ¼ TURN TO THE LEFT, BRUSH, JAZZ BOX

- 25 Step to the side left onto left foot
- 26 Cross right behind left and step
- 27 Step ¼ turn left on left foot
- 28 Brush right foot beside left
- 29 Cross right foot over left and step
- 30 Step back onto left foot
- 31 Step side right onto right foot
- 32 Step forward onto left foot

FORWARD SHUFFLES AND STOMP

- 33-34 Right shuffle forward (right-left-right)
- 35-36 Left shuffle forward (left-right-left)
- 37-38 Right shuffle forward (right-left-right)
- 39 Stomp left foot beside right (stomp down)
- 40 Stomp right foot beside left

REPEAT
