

# Foolish (aka He Keeps Me)

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Nancy Morgan (USA) - June 2007  
音乐: 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 ¾ 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

## SYNCPATED 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, SYNCPATED 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

## SYNCPATED 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!**

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