

# And Fell In Love

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Michael Barr (USA) - November 2006  
音乐: Rise And Fall - Craig David & Sting : (CD: Slicker Than 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, CROSS 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](mailto:mbarr@saber.net)