She's A Fool (AB)

級數: Absolute Beginner

編舞者: Rosie Multari (USA) - April 2016

音樂: She's a Fool - Lesley Gore : (amazon.com and iTunes)

No Tags, No Restarts

拍數: 32

[1-8] CRUMBA BOX FORWARD TWICE

- Step R to the right side, step L next to R, step forward R, touch L next to R 1-4
- 5-8 Step L to the left side, step R next to L, step forward L, touch R next to L

[9-16]

- 1-4 Step R to the right side, step L next to R, step R to the right side, touch L next to R
- 5-8 Step L to the left side, step R next to L, step L to the left side, touch R next to L
- **Optional styling: swing arms with elbows bent twice in each direction, like a "back-up" singer.

[17-24] STEP BACK & TOUCH TWICE, WALK BACK

- Step R back on a slight right diagonal, touch L next to R, Step L back on a slight left diagonal, 1-4 touch R next to L
- 5-8 Step back R, L, R, L

[25-32]□REVERSE ROCKIN' CHAIR TWICE, ¼ TURN RIGHT

- 1-4 Rock back on R, recover weight on to L, Rock forward on R, recover weight on to L
- 5-8 Repeat last 4 counts while making a 1/4 turn to the right

Begin again!

*Choreographer's note: In the first 8 counts, you can substitute a HOLD for counts 4 & 8 instead of the touch steps.

You can also omit the 1/4 turn at the end to do a one wall dance for your Absolute beginners. Enjoy!

Contact: multari@aol.com





牆數:4