

Fool U

拍數: 32 牆數: 2 級數: Improver
編舞者: John Dean (UK) & Maggie Gallagher (UK)
音樂: Love's Made A Fool Of You - The Dean Brothers



Choreographed for Myasthenia Gravis Association Guinness Book Of Records International event, 7th October 2001. Everyone around the world will be dancing this at 2:00!

FAST WALK RIGHT, LEFT, RIGHT, LEFT, HOLD, STOMP-STOMP

1&2 Step forward on right, step forward on left, step forward on right
&3 Step forward on left, hold
&4 Up-stomp left next to right, up-stomp left in place (weight remains on right)

Above walks done bending knees down to count 2, then straighten up to counts &3

You will lower slightly and then straighten up over these three counts by bending your knees

BACK LEFT, RIGHT, LEFT, STOMP-STOMP

5-6 Step back left slightly behind right, step back right slightly behind left
7&8 Step back left slightly behind right, up-stomp right next to left, up-stomp right in place

Steps 5,6,7 should be done swiveling on the balls of feet - "Charleston walk" or "mash potato"

GRAPEVINE RIGHT, STOMP-STOMP, GRAPEVINE LEFT, STOMP-STOMP

1&2 Step right to side, step left behind right, step right to side
3&4 Hold, stomp left next to right, stomp left in place
5&6 Step left to side, step right behind left, step left to side
7&8 Hold, stomp right next to left, stomp right in place

Option: syncopated vines - 1&2&3&4 side, behind, side, in front, side, stomp-stomp

POINT, TURN, TOE-STRUT, TOE-STRUT, POINT, TURN, TOE-STRUT, TOE-STRUT

1-2 Point right toe to side, turn ¼ right as you step right together (Monterey)
3& Step left toe forward, drop left heel to take weight
4& Step right toe forward, drop right heel to take weight
5-6 Point left toe to side, turn ¼ left as you step left together (Monterey)
7& Step right toe forward, drop right heel to take weight
8& Step left toe forward, drop left heel to take weight

CROSS-BACK-SIDE, HIP & HIP, ROCK FORWARD & BACK & STEP ½ PIVOT

1&2 Cross step right over left, step back on left, step right to side
3&4 Bump hips left, right, left
5&6 Rock forward on right, recover weight onto left, rock back onto right
& Recover weight onto left
7-8 Step forward on right, pivot ½ turn left

REPEAT

To emphasize all of the "stomps" you can add hand claps at the same time