

# Fool No More

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Gary Steele (UK) & Angela Palmer (UK)  
音樂: Fool No More - S Club 8



- |     |   |
|-----|---|
| 1&2 | Kick forward on the right, ball-step left forward                   |
| 3&4 | Point right to right side, bring right together, point left to side |
| 5&6 | Kick forward on the left, ball-step right forward                   |
| 7&8 | Point left to left side, bring left together, point right to side   |
|     |   |
| 1-2 | Rock right out to side, recover                                     |
| 3&4 | Behind-side cross   |
| 5-6 | Side left, bring right together                                     |
| 7&8 | Chasse to left making a ¼ turn to the left                          |
|     |   |
| 1-2 | Step forward on right, ½ pivot over left shoulder                   |
| 3&4 | Shuffle forward on the right  |
| 5&6 | Heel dig with left, bring left together, heel dig right             |
| &7  | Bring right together, heel dig left                                 |
| 8   | Clap hands  |
|     |   |
| 1&2 | Sailor left   |
| 3&4 | Sailor right  |
| 5-6 | Left toe dig behind right, unwind ½ turn over left shoulder         |
| 7&8 | Crossing shuffle with the right                                     |
|     |   |
| 1-2 | Body roll to the left, touch right next to left                     |
| 3-4 | Body roll to the right, touch left next to right                    |
| 5-6 | Step left diagonally forward, bring right together and touch        |
| 7-8 | Step right diagonally forward, bring left together and touch        |
|     |   |
| 1-2 | Rock forward on the left, recover                                   |
| 3-4 | Two moonwalks back (left, right)                                    |
| 5&6 | Coaster left  |
| 7&8 | Two walks forward right left  |

## REPEAT

## RESTART

On the 6th wall (9:00) near the end of the dance you will do your left coaster and then you will walk forward right. On the '&' count bring left foot next to right so you can restart the dance again

## ALTERNATIVES

Instead of a behind-side cross, you can do a full turn cha-cha. On the moonwalks back you can just walk back for 2. With the body rolls you can just step to the side and touch