

Foolish Feelings

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Count: 72

Wall: 1

Level: Intermediate

Choreographer: Fred Whitehouse (IRE) & Niels Poulsen (DK) - January 2025

Intro: 32 counts from beginning of track. App. 20 secs. into track. Start with weight on L foot

***1 restart: After 16 counts, on wall 2, facing 12:00**

***Bridge: During the 4th repetition add a 16 count bridge after 32 counts. Described at the end of sheet**

[1 - 9] R back rock, R lock step sweep, cross, R scissor step, big step L, slide R

1 - 2 Rock back on R (1), recover fwd onto L (2) 12:00

3&4 Step R fwd (3), lock L behind R (&), step R fwd sweeping L fwd (4) 12:00

5 Cross L over R (5) 12:00

6&7 Step R to R side (6), step L next to R (&), cross R over L (7) 12:00

8 - 1 Step L a big step to L side (8), slide R towards L (1) 12:00

[10 - 16] Ball cross, R chassé sway, walk back LR with heel grinds, L back lock step

&2 Step a small step back on R (&), cross L over R (2) 12:00

3&4 Step R to R side (3), step L next to R (&), step R to R side swaying body R (4) 12:00

5 - 6 Walk L back grinding R heel fanning R toes out R (5), walk R back grinding L heel fanning L toes out L (6) 12:00

7&8 Step back on L (7), lock R over L (&), step back on L (8) ... * Restart on wall 2, facing 12:00 12:00

[17 - 24] ¼ R side, touch together, ¼ L X 2, cross, ¼ R X 2, R sailor ¼ R fwd

1 - 2 Turn ¼ R stepping R to R side (1), touch L next to R (2) 3:00

3&4 Turn ¼ L stepping L fwd (3), turn ¼ L stepping R to R side (&), cross L over R (4) 9:00

5 - 6 Turn $\frac{1}{4}$ R stepping R fwd (5), turn $\frac{1}{4}$ R stepping L to L side (6) 3:00

7&8 Cross R behind L (7), turn $\frac{1}{4}$ R stepping L next to R (&), step R fwd (8) ...

Styling on walls 1 and 3: dip in knees to hit the beat - 6:00

[25 - 32] Fwd L, hip bump $\frac{1}{2}$ L, hip bump $\frac{1}{2}$ L, R rock step fwd, step R back, step L together

1 Step L fwd (1) 6:00

2&3 Turn $\frac{1}{4}$ L pointing R to R side and bumping hips R (2), bump hips L (&), turn $\frac{1}{4}$ L stepping back on R (3) 12:00

4&5 Turn $\frac{1}{4}$ L pointing L to L side and bumping hips L (4), bump hips R (&), turn $\frac{1}{4}$ L stepping fwd on L (5) 6:00

6 - 7 Rock R fwd (6), recover back on L (7) 6:00

8& Step back on R (8), step L next to R (&) 6:00

[33 - 40] R step slide back, ball shuffle R fwd, fwd L, point R&L, $\frac{1}{4}$ L sweep

1 - 2 Step R a big step back pushing R arm fwd making a stop sign (1), drag L towards R (2) 6:00

&3&4 Step L next to R (&), step R fwd (3), step L behind R (&), step R fwd (4) 6:00

5 Step L fwd (5) 6:00

6&7 Point R to R side (6), step R next to L (&), point L to L side (7) 6:00

8 Turn $\frac{1}{4}$ L stepping onto L sweeping R fwd (8) 3:00

[41 - 48] Cross side, R back lock step, L back rock, $\frac{3}{4}$ R

1 - 2 Cross R over L (1), step L to L side (2) 3:00

3&4 Step back on R (3), cross L over R (&), step back on R (4) 3:00

5 - 6 Rock back on L (5), recover on R (6) 3:00

7 - 8 Turn $\frac{1}{2}$ R stepping back on L (7), turn $\frac{1}{4}$ R stepping R to R side (8) 12:00

[49 - 56] Point L, $\frac{1}{4}$ L sweep, R samba step, cross side, behind side cross

1 - 2 Point L to L side pushing L arm fwd making a stop sign (1), turn $\frac{1}{4}$ L stepping L fwd sweeping R fwd at the same time (2) 9:00

3&4 Cross R over L (3), rock L to L side (&), recover on R (4) 9:00

5 - 6 Cross L over R (5), step R to R side (6) 9:00

7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 9:00

[57 - 64] R side rock, R cross shuffle, $\frac{1}{4}$ R X 2, L samba step $\frac{1}{4}$ L together

1 - 2 Rock R to R side (1), recover on L (2) 9:00

3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 9:00

5 - 6 Turn $\frac{1}{4}$ R stepping back on L (5), turn $\frac{1}{4}$ R stepping R to R side (6) 3:00

7&8 Cross L over R (7), turn $\frac{1}{4}$ L stepping back on R (&), step L next to R (8) 12:00

[65 - 72] Walk RL fwd, R shuffle fwd, step L fwd, step R next to L, run back LRL

1 - 2 Walk R fwd (1), walk L fwd (2) ... Styling: make count 1 a big step fwd 12:00

3&4 Step R fwd (3), step L behind R (&), step R fwd (4) 12:00

5 - 6 Step L fwd (5), step R next to L (6) 12:00

7&8 Step back on L (7), step back on R (&), step back on L (8) 12:00

Start again

Bridge Insert this 16 count bridge during your 4th repetition, after 32 counts.

[1 - 8] Dorothy steps X 3, L rock step fwd

1 - 2& Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&) 6:00

3 - 4& Step L into L diagonal (2), lock R behind L (4), step L into L diagonal (&) 6:00

5 - 6& Step R into R diagonal (5), lock L behind R (6), step R into R diagonal (&) 6:00

7 - 8 Rock L fwd (7), recover back on R (8) 6:00

[9 - 16] Ball cross back X 3, reverse R rocking chair

&1 - 2 Step back on L opening body up to L diagonal (&), cross R over L (1), step back on L (2) 6:00

&3 - 4 Step back on R opening body up to R diagonal (&), cross L over R (3), step back on R (4) 6:00

&5 - 6 Step back on L opening body up to L diagonal (&), cross R over L (5), step back on L (6) ...

Note: during the 3 ball crosses you open up in body to L, R and L 6:00

7&8& Rock back on R (7), recover on L (&), rock R fwd (8), recover back on L (&) 6:00

Start again

Ending Wall 5 is your last wall. The music will start to fade out on count 40, BUT continue dancing up to count 49 when pointing L to L side pushing L hand fwd on the word 'STOP' 12:00