

# My Foolish Heart

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**Count:** 64

**Wall:** 4

**Level:** Phrased Intermediate

**Choreographer:** Nancy Lee ( July 2015 )

**Music:** My Foolish Heart by Rod Steward

**Intro : Starts on Vocal ( 2x 8 ) - Sequence : AA AA BA AA- Ending(24 Count )**

**Part A ~ 32 Count**

**SECTION A1: [1-8] R Cross,  $\frac{1}{4}$  Turn R, L Sweep & Step , Touch R, Repeat**

**1-2R cross over L, L Sweep  $\frac{1}{4}$  Turn R**

**3-4L Step down, Touch R to R ( 3:00)**

5-6 Repeat 1-2

7-8 Repeat 3-4 ( 6:00)

**SECTION A2: [9-16] R Lunge Fwd, Recover L, R Step Back,  $\frac{1}{4}$  Turn L Sweep Ronde, L Behind Side Cross,  $\frac{1}{4}$  Turn R ,Step R Fwd,  $\frac{1}{2}$  Turn R , Touch L To L**

**1-2R Lunge Fwd, Recover on L**

**3-4R Step Back, L Sweep Ronde  $\frac{1}{4}$  Turn L ( 3:00)**

**5&6L Cross Behind R, R Step To R , L Cross over R**

**7-8 $\frac{1}{4}$  R , Step R Fwd , $\frac{1}{2}$  Turn R on ball of R, Touch L to L (12:00)**

**SECTION A3: [17-24] L Side Rock, Recover R, L Cross over R,  $\frac{1}{4}$  Turn L, R Step Back, L Step Back, R Rock Back, Recover L, Triple Step Full Turn L**

**1-2L Side Rock, Recover on R**

**3&4L Cross R ,  $\frac{1}{4}$  Turn L, R Step Back, L Step Back ( 9:00)**

**5-6R Rock Back, Recover on L**

7&8 Triple Step Full Turn L (9:00)

**SECTION A4: [25-32]  $\frac{1}{4}$  Turn R, Step L to Side, Touch R , R Side Rock, Recover L, $\frac{1}{2}$  Turn L, R Side Rock, Recover L,  $\frac{1}{4}$  Turn L , R Side Rock, Recover L**

**1-2¼ Turn R, Step L To L , Touch R Beside L (12:00)**

**3-4R Side Rock, Recover on L**

**5-6** On Ball of L , ½ Turn L , R Side Rock, Recover on L (6:00)

**7-8** On Ball of L , ¼ Turn L , R Side Rock, Recover on L (3:00)

**Part B ~ 32 Count ( Facing 12:00)**

**SECTION B1: [1-8] R Step Back, ¼ Turn L, L Behind Side Cross, Side Rock, Recover , Cross x 3**

**1R Step Back (12:00)**

**2&3¼ Turn L, L cross Behind R , R to R, Cross L Over R ( 9:00)**

**4&5R Side Rock, Recover L, R Cross Over L**

**6&7L Side Rock, Recover R , L Cross Over R**

**8&1R Side Rock, Recover L, R Cross Over L**

**SECTION B2: [9 - 16] Recover L, ½ Turn R, R Fwd, L Fwd , Side Rock, Recover , Cross x 3**

**2&3** Recover on L , ½ Turn R, Step Fwd R , L ( 3:00)

**4&5R Side Rock, Recover L, R Cross Over L**

**6&7L Side Rock, Recover R , L Cross Over R**

**8&1R Side Rock, Recover L, R Cross Over L**

**SECTION B3: [17-24] ¼ Turn R, L Coaster Cross, Side Rock, Recover , Cross x 3**

**2&3¼ Turn R, L Step Back, R Together , L Cross Over R (6:00)**

**4&5R Side Rock, Recover L, R Cross Over L**

**6&7L Side Rock, Recover R , L Cross Over R**

**8&1R Side Rock, Recover L, R Cross Over L (6:00)**

**SECTION B4: [25-32] Triple Step Walk Around( Circle) in 360 degree**

**2&3** Walk around with L R L via L Shoulder

**4&5** Walk around with R L R via L Shoulder

**6&7** Walk around with L R L via L Shoulder

**8&R Step Fwd (8), ½ Pivot L, Step L Fwd (&)**

**( Note: 2&3 to 6&7 are travelling in full circle )**

**ENDING - 24 Count ( Facing 9:00)**

**Repeat :**

**Section A1 - 8 Count**

**Section A2 - 6 Count , R Side Rock (7), Recover on L (8) (Facing 12:00)**

**Section 3**

**1-2R Side Rock , Recover L**

**3&4¼ Turn L , Reversed Rolling Vine Fwd, RLR ( 9:00)**

**5-8¼ Turn R, Recover on L, Sweep R , Sweep L, Sweep & Step R & POSE ! (12:00)**

**For Song & Step sheet, please contact: Email : [swan9198@gmail.com](mailto:swan9198@gmail.com)**