

# AND FELL IN LOVE

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**Count:** 32      **Wall:** 2      **Level:** Intermediate level

**Choreographer:** Michael Barr (Nov 06)

**Music:** Rise and Fall by Craig David with Sting CD: Slicker Than Your Average (BPM:88)

**Or Music: ?I Fooled Around and Fell In Love? by Elvin Bishop CD ? The Best of BPM:80 slow**

**1 ? 8 SIDE, ROCK-RETURN, ¼ LEFT, ¼ TOUCH SIDE - TURN ½ LEFT TOUCH SIDE, CROSS STEP, SIDE LEFT, TURN ½, CROSS STEP**

**1** Step R side right

**2&3** Rock back onto L; Return weight to R; Turn ¼ left stepping L forward

**4-5-6** On ball of left turn ¼ left touching R side right; On ball of left turn ½ left touching R side right; Cross R over left

**7 & 8** Step left side left; Turning ½ right step R side right; Cross step L in front of right

**9 ? 16 SIDE, BEHIND-½ LEFT-CROSS, ¼ RIGHT - SYNCOPATED LOCK STEPS ENDING WITH A TOUCH SIDE LEFT**

**1** Step R side right

**2&3** Step L behind right; Turn ½ left stepping onto R in place; Cross step L in front of right

**Note: Try being on the balls of the feet when doing counts 2&3.**

**4** Turn ¼ right stepping forward onto R

**5&6** Step L forward; (lock) Step R behind left; Step L forward

**&7&8 (&)Step R forward; (7)(lock) Step L behind right; (&)Step R forward; (8)Touch L side left**

**Note: As you step down on count 3, slightly torque the hips left (over rotate) and then on count 4 over rotate just a bit to the right when you step forward into your ¼ turn right.**

**These two steps start to give the feel of swivels by over rotating left and right.**

**17 ? 24 TRIPLE LEFT TURN, CROSS, STEP BACK - 1 ¼ TURN RIGHT, CROSS & CROSS**

**1 & 2** In Place: Turn ½ left stepping onto L; Step R next to left; Turn ½ left stepping onto R (over rotate slightly)

**3 - 4** Sweep (step) R crossing over left (keep right toe on floor); Step back onto L

**5 & 6 1 ¼ Turn Right: Turn ¼ right stepping R side R; Turn ½ right stepping L side L; Turn ½ right stepping R side R**

**7 & 8** Cross step L in front of right; Step R side right; Cross step L in front of right

### **25 ? 32 PRESS, RETURN, BEHIND & CROSS - SYNCOPATED ROCK CROSS STEPS**

**1 - 2** Press R side right; Return weight to L

**3 & 4** Step R behind left; Step L side right; Cross step R in front of left

**&5&6 (&)Rock step L side left; (5)Return to R slightly back; (&)Step L in front of right; (6)Rock step R side right**

**&7&8 (&)Return to L slightly back; (7)Step R in front of left; (&)Rock step L side left; (8)Return to R slightly back**

**& Step L in front of right BEGIN AGAIN!**

**RESTART: If using the Elvin Bishop cut restart the dance after count 24 during the third rotation. You will be facing the back wall at that point. I like this version. The Rod Stewart version is different and will not work with the restart I have chosen.**

**Music note: ?Fooled Around & Fell In Love? is very slow and inspired the dance. It is available as a single download or with the cd mentioned above and ?Rise & Fall is faster and may be more appealing. It is available on the cd mentioned above. Web access: <http://www.michaelandmichele.com>, Email: [mbarr@saber.net](mailto:mbarr@saber.net)**