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| Foolish Feelings |  |

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| **Count:** | 72 | **Wall:** | 1 | **Level:** | Intermediate | . |
| **Choreographer:** | Fred Whitehouse (IRE) & Niels Poulsen (DK) - January 2025 |
| **Music:** | Stop - Nolan Sotillo |
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**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**

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| --- | --- |
| 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**

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| --- | --- |
| &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 2nd time @ 12:00**

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

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| --- | --- |
| 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 ¼ R stepping R fwd (5), turn ¼ R stepping L to L side (6) 3:00 |
| 7&8 | Cross R behind L (7), turn ¼ 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 ½ L, hip bump ½ L, R rock step fwd, step R back, step L together**

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| --- | --- |
| 1 | Step L fwd (1) 6:00 |
| 2&3 | Turn ¼ L pointing R to R side and bumping hips R (2), bump hips L (&), turn ¼ L stepping back on R (3) 12:00 |
| 4&5 | Turn ¼ L pointing L to L side and bumping hips L (4), bump hips R (&), turn ¼ 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 |

**BRIDGE: 4th time at 12:00**

**[33 – 40] R step slide back, ball shuffle R fwd, fwd L, point R&L, ¼ L sweep**

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| --- | --- |
| 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 ¼ L stepping onto L sweeping R fwd (8) 3:00 |

**[41 – 48] Cross side, R back lock step, L back rock, ¾ R**

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| --- | --- |
| 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 ½ R stepping back on L (7), turn ¼ R stepping R to R side (8) 12:00 |

**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**

**[49 – 56] Point L, ¼ L sweep, R samba step, cross side, behind side cross**

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| --- | --- |
| 1–2 | Point L to L side pushing L arm fwd making a stop sign (1), turn ¼ 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, ¼ R X 2, L samba step ¼ 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 1/4 R stepping back on L (5), turn ¼ R stepping R to R side (6) 3:00 |
| 7&8 | Cross L over R (7), turn ¼ 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**

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| --- | --- |
| 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**