

...AND FELL IN LOVE

(FOOLED AROUND)

Description: 32 ct: 2 wall line dance Difficulty: Intermediate November 2007
Choreographer: Michael Barr
Music: "I Fooled Around and Fell In Love" by Elvin Bishop CD – The Best of BPM:80 slow
Music: "Rise and Fall" by Craig David with Sting CD – Slicker Than Your Average BPM:88
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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" 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 to some. It is available on the cd mentioned above.