

# Foolish Feelings

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Type of dance: 72 counts, 1 wall, Intermediate  
 Music: **Stop** by Nolan Sotillo. 94 bpm. Track length: 3.30. Buy on iTunes etc.  
 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 4<sup>th</sup> repetition add a 16 count bridge after 32 counts. *Described at the end of sheet*

Counts	Footwork	End facing
<b>1 – 9</b>	<b>R back rock, R lock step sweep, cross, R scissor step, big step L, slide R</b>	
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
<b>10 – 16</b>	<b>Ball cross, R chassé sway, walk back LR with heel grinds, L back lock step</b>	
&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
<b>17 – 24</b>	<b>¼ R side, touch together, ¼ L X 2, cross, ¼ R X 2, R sailor ¼ R fwd</b>	
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) ... <i>Styling on walls 1 and 3: dip in knees to hit the beat</i>	6:00
<b>25 – 32</b>	<b>Fwd L, hip bump ½ L, hip bump ½ L, R rock step fwd, step R back, step L together</b>	
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
<b>33 – 40</b>	<b>R step slide back, ball shuffle R fwd, fwd L, point R&amp;L, ¼ L sweep</b>	
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
<b>41 – 48</b>	<b>Cross side, R back lock step, L back rock, ¾ R</b>	
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
<b>49 – 56</b>	<b>Point L, ¼ L sweep, R samba step, cross side, behind side cross</b>	
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

<b>57 – 64</b>	<b>R side rock, R cross shuffle, ¼ R X 2, L samba step ¼ L together</b>	
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
<b>65 – 72</b>	<b>Walk RL fwd, R shuffle fwd, step L fwd, step R next to L, run back LRL</b>	
1 – 2	Walk R fwd (1), walk L fwd (2) ... <i>Styling: make count 1 a big step fwd</i>	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
<b>Start again</b>		
<b>Bridge</b>	<b>Insert this 16 count bridge during your 4<sup>th</sup> repetition, after 32 counts. 😊</b>	
<b>1 – 8</b>	<b>Dorothy steps X 3, L rock step fwd</b>	
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
<b>9 – 16</b>	<b>Ball cross back X 3, reverse R rocking chair</b>	
&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) ... <i>Note: during the 3 ball crosses you open up in body to L, R and L</i>	6:00
7&8&	Rock back on R (7), recover on L (&), rock R fwd (8), recover back on L (&)	6:00
<b>Start again</b>		
<b>Ending</b>	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