

DANCIN' FOOL

Choreography: Ron & Mary Noble, 1570 N. Kings Valley Hwy Dallas, OR 97338 (503) 623-3782
 Nov - Mar 13624 East 51st Lane Yuma, AZ 85367 (928) 345-0760
 Record: STAR Records No. 152 (flip "I Got Rhythm") Rdancer@aol.com
 Phase: V + 0 + 2 Quickstep (Extended Open Nat'l, Pendulum)
 Footwork: Opposite, directions for man (lady as noted) Speed 39 rpm
 Sequence: Intro, A, B, C, D, Ending revised June 2002

-INTRO -

1 - 4 SD by SD LOD WAIT 2:: WALK 2: FWD LOCK HOLD:

1-2 Side by side W to M's rt sd OP LOD no hnds joined wait 2 meas.;;
 SSQQ- 3-4 Walk fwd L, -, fwd R, -; Fwd L, XRIBL, -, -;

-A -

1 - 8 CHARLESTON (twice):: CHARLESTON POINTS:: THRU HOP - TWO SIDE CLOSES - SIDE DRAW TOUCH to BFLY SCAR:: CHUG (three times in BFLY) to BJO DLW::

SS SS 1-2 [CHARLESTON] fwd L, -, pt R fwd, -; bk R, -, pt L bk, -;
 SS S- 3-4 [CHARLESTON POINTS] fwd L, -, pt R fwd, -; pt R bk trng to fc with rt sway, -, -, -;
 QQQQ 5-8 [THRU HOP TWO SIDE CLOSES SIDE DRAW TOUCH to BFLY SCAR] thru R, hop, sd L, cl R; sd L, cl R, slide sd L, -; draw R to BFLY SCAR, tch R, [CHUG three times in BFLY]
 QQSS both ft fwd bending knees/slide bk straightening knees to BJO, -; fwd bent knees/bk
 aSaSaS straighten knees to SCAR, -, fwd bent knees/bk straighten knees to BJO, -;

9 - 16 BK & CHASSE - FWD:: TWO FWD LOCKS w/lf stretch - FWD MANUV SIDE CLOSE:: SPIN TRN - BK & CHASSE (BJO DLC)::

SQQS 9-11 [BK & CHASSE - FWD] (trailing ft) bk R to BJO, -, sd L, cl R; sd L, -, fwd R, -;
 SQQQS- [TWO FWD LOCKS w/lf sway] Fwd L, XRIBL (XLIFR), fwd L, XRIBL (XLIFR) with lf side stretch;
 SSQQ 12-13 [FWD MANUV SIDE CLOSE] -, -, chng sway sd & fwd L, -; fwd R trng rt fc, -, sd L, cl R;
 SSS 14-16 [SPIN TURN] bk L, -, fwd R, -; bk L, -;
 SQQS [BACK & CHASSE BJO] bk R, -; sd L, cl R, sd L to BJO DLC, -;

17 - 24 QUICK OPEN REVERSE PIVOT:: DOUB REVERSE - CROSS CHASSE HOP:: FWD LOCK FWD HOP; FWD HOP - SLOW CONTRA CHK & SWITCH to the::

SQQS 17-18 [QUICK OPEN REVERSE PIVOT] Fwd R trng lf fc, -, fwd L, sd R; bk L to CBMP, -, bk R trng lf fc to LOD, -;
 S 19-21 [DOUB REVERSE] Fwd L trng lf fc, -, fwd R trng lf fc, -; cont trng tch L to fc DLW, -, (W bk R trng lf fc, -, bring L to R cont trn chng wt to L, -; fwd R trng lf fc, XLIFR,)
 (SSQQ) [CROSS CHASSE HOP] fwd L, -; fwd & sd R, close L, fwd R to CBMP LOD, hop; (W bk R, -; bk L, cl R, bk L, hop;) Note: The hops are optional.
 QQQQ 22 [FWD LOCK FWD] Fwd L, XRIBL, fwd L, hop;
 QQ 23-24 [FWD - SLOW CONTRA CHECK & SWITCH to the] Fwd R, hop, fwd L in CBMP DLW, -;
 SSS rec R commencing rt fc trn, -, bk L trng rt fc to LOD;

25 - 32 PIVOTS: to a RIGHT TURNING LOCK - SLOW CHAIR & SLIP:: REVERSE CHASSE TURN - RUN 6:::

SS 25 [PIVOTS] Fwd R pivoting rt fc, -, cont trn bk L pivoting rt to fc RLOD, -;
 QQSS 26-28 [RIGHT TURNING LOCK] bk R trng rt fc, XLIFR, fwd R LOD, -; sd & fwd L DLC, -, (W fwd L trng rt fc, XRIBL; bk L, -, sd & fwd R DLC, -;)

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SSS [SLOW CHAIR & SLIP] lunge thru R, -; rec L, -, slip R bk trng lf fc to CP DLC, -;
29-32 [REVERSE CHASSE TURN] Fwd L trng lf fc, -, sd R cont trn, cl L facing RLOD; bk R trng lf
SQQS-S fc, -, tch L beside R cont trn, cont lf fc trn on R; fwd L to CBMP DLW, -, (W bk R trng lf fc, -
(SQQSQQS) , sd L cont trn, cl R; fwd L trng lf fc, -, sd R cont trn, cl L; bk R to CBMP, -) [RUN 6] Fwd
QQQQQQ R, fwd L; fwd R, fwd L, fwd R, fwd L;

- B -

1 - 8 **EXT OPN NAT'L (SCAR LOD) - CROSS HOVER (BJO) - EXT OPN NAT'L (SCAR LOD)**
- CROSS HOVER (BJO);::: FWD - TELEMARK (SCP);: THRU, SIDE CORTE;

SQQQQ 1-4 [EXTENDED OPEN NAT'L SCAR] Fwd R trng rt fc, -, sd L cont trn, bk R to BJO; Bk L trng
rt fc, sd & fwd R to SCAR LOD, (W bk L trng rt fc, -, sd R cont trn, fwd L to BJO; fwd R trng
rt fc, sd & bk L to SCAR LOD),
SQQ [CROSS HOVER (BJO)] XLIFR, -, sd & fwd R trng lf fc, fwd L to BJO LOD, (W XRIBL, -, sd
& bk L, bk R to BJO LOD),
SQQQQ [EXTENDED OPEN NAT'L SCAR] Fwd R trng rt fc, -, sd L cont trn, bk R to BJO, bk L trng
rt fc, sd & fwd R to SCAR LOD;
SQQ 5 [CROSS HOVER (BJO)] XLIFR, -, sd & fwd R, fwd L (BJO DLC);
S 6-7 [FWD - TELEMARK (SCP)] Fwd R DLC, -, fwd L trng lf fc, -, sd & fwd R cont trn, -, sd &
SSS fwd L to SCP DLW, -; (W bk L, -, bk R trng lf fc bringing L beside R, -; trn lf fc on R heel &
chng wt to L, -, sd & fwd R to SCP DLW, -)
SS 8 [THRU SIDE CORTE] Thru R, -, sd L DLW with lf sd stretch, -;

- C -

1 - 8 **TURNING SIDE ROCKS in 4 (RLOD);: BK LK BK; RUNNING FINISH; FWD TO A**
FISHTAIL - FWD;: MANUV, SIDE CLOSE; PIVOT 2 TO FC WALL;:

SSSS 1-2 [TURNING SD ROCKS in 4] With a rt fc rotation sd R with rt sd stretch, -, cont trn sd L
with lf sd stretch, -; cont trn sd R with rt sd stretch, -, cont trn sd L with lf sd stretch to BJO
RLOD, -;
QQS 3-4 [BK LK BK] Bk R, XLIFR, bk R, -; [RUNNING FINISH] Bk L in CBMP leading W outside
SQQ partner starting to trn rt, -, sd & slightly fwd R, fwd L with lf sd leading to CP LOD; (W fwd R
in CBMP outside partner starting to trn rt, -, sd L, bk R with rt side leading;)
SQQQQ 5-7 [FWD - FISHTAIL - FWD] Fwd R, -, XLIBR, sd R; fwd L, XRIBL, fwd L to BJO LOD, -; (W
S bk L, -, XRIFL, sd L; bk R, XLIFR, bk R to BJO LOD, -;)
SQQ [MANUV, SD CL] Fwd R trng rt fc, -, sd L, cl R;
SS 8 [PIVOT 2 TO FC WALL] Bk L trng rt fc 1/2, -, fwd R trng rt fc 1/4 to WALL pushing away
from partner, -; (W fwd R trng rt fc 1/2, -, bk L trng rt fc 1/4 to fc COH pushing away from
partner, -;)

- D -

1 - 8 **MAN SD CROSS - HOLD & UNWIND;: LADY SD CROSS - HOLD & UNWIND;: BOTH**
SD CROSS - HOLD & UNWIND;: QK TWIST VINE 4; LUNGE APT REC FACE;

QS-- 1-2 [MAN SD CROSS - HOLD & UNWIND] Man sd L, XRIBL, -, -; unwind rt fc to fc WALL, -, -,
-; (W holds both meas.)
(QS--) 3-4 [LADY SD CROSS - HOLD & UNWIND] Lady sd R, XLIBR, -, -; unwind lf fc to fc COH, -, -,
-; (M holds both meas.)
QS-- 5-6 [BOTH SD CROSS - HOLD & UNWIND] Both sd L, XRIBL, -, -; unwind rt fc to fc WALL, -,
-, -; (W sd R, XLIBR, -, -; unwind lf fc to COH, -, -, -;)
QQQQ 7 [QK TWIST VINE 4] Sd L to CP, XRIBL (XLIFR), sd L, XRIFL (XLIBR), -;
SS 8 [LUNGE APT REC FACE] Lunge apt L, -, rec tog R to fc, -;

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- 9 – 16 **MAN SD CROSS – HOLD & UNWIND:: LADY SD CROSS – HOLD & UNWIND:: BOTH SD CROSS – HOLD & UNWIND:: QK TWIST VINE 4: RUN 4:**
- 9-15 Repeat meas. 1 – 7 Part D to BJO LOD;;; ;;;
QQQQ 16 **[RUN 4]** Fwd L, fwd R, fwd L, fwd R to BJO LOD;
- 17 – 24 **QUARTER TURN PROGRESSIVE CHASSE::: FWD LOCK FWD: MANUV SD CL: BACK TWIST VINE 5 WITH KNEE LIFT AND SLIDE::**
- SS 17-20 **[QUARTER TURN PROG CHASSE]** Fwd L, -, fwd R trng rt fc, -, sd L, cl R, sd L, -, bk R, -, sd L, cl R; sd L, -, fwd R to CBMP DLW, -;
QQS
SQQSS
QQS 21 **[FWD LOCK FWD]** Fwd L, XRIBL, fwd L, -; (W bk R, XLIFR, bk R, -;)
SQQ 22 **[MANUV, SD CL]** Fwd R trng rt fc, -, sd L, cl R;
QQQQ 23-24 **[BACK TWIST VINE 5 WITH KNEE LIFT & SLIDE]** bk L trng rt fc, sd R, XLIFR (XRIBL), sd R; XLIBR (XRIFL), lift R knee (L knee), sd R sliding to rt to CP COH, -;
QQS

- ENDING -

- 1 – 8 **PENDULUM SWING (QQS) WITH TAP & SIDE:: BK, BK LK BK – OUTSIDE SPIN:: FEATHER FINISH (LOD): RUNNING FORWARD LOCKS::**
- QQS 1-2 **[PENDULUM SWING]** Cl L to R swinging R away from L, cl R to L swinging L away from R;
SS cl L to R swinging R away from L, -; **[WITH TAP & SIDE]** Tap R bhnd L, -, sd R, -;
SQQS 3-5 **[BK, BK LK BK]** Bk L to CBMP RLOD, -, bk R, XLIFR; bk R, -;
SSS **[OUTSIDE SPIN]** Cl L to R trng rt fc, -; fwd R arnd W, -, bk L to DRW, -; (W fwd R heel to toe trng to rt, -; close L to R trng on toe, -, cont trn fwd R between M's feet to DLC, -;)
SQQ 6 **[FEATHER FINISH]** Bk R trng lf fc, -, sd L, fwd R CBMP LOD; (W fwd L trng lf fc, -, sd R, bk L CBMP;)
QQQQ 7-8 **[RUNNING FWD LOCKS]** Fwd L, XRIBL (XLIFR), fwd L, fwd R; fwd L, XRIBL (XLIFR), fwd L, -;
QQS
- 9 – 16 **MANUV. SIDE CLOSE: HEEL PULL: RUNNING FORWARD LOCKS:: HAIRPIN: IMPETUS (SCP) – THRU WITH DOUBLE CHASSE (DROP HANDS)::**
- SQQ 9 **[MANUV, SD CL]** Fwd R trng rt fc, -, sd L, cl R;
SS 10 **[HEEL PULL]** Bk L starting a rt fc trn, -, cont trn on L pull R heel toward L and chng weight to R to fc LOD, -; (W fwd R trng rt fc, -, sd L, draw R to L;)
(SQQ)
11-12 **[RUNNING FWD LOCKS]** Repeat meas. 7-8 of ENDING
SQQ 13 **[HAIRPIN]** Fwd R starting a rt fc trn, -, fwd L trng rt, cont rt fc trn fwd R to CBMP; (W bk L trng rt fc, -, bk R cont trn, cont trn bk L to CBMP;)
SSS 14-16 **[IMPETUS (SCP)]** Bk L starting a rt fc trn, -, cl R to L (heel trn) cont trn, -, sd & fwd L to SCP DLC, -, (W fwd R starting a rt fc trn, -, fwd L arnd M cont trn, -, sd & fwd R to SCP DLC, -;)
SQQQQ **[THRU WITH DOUBLE CHASSE]** Thru R trng to fc partner & WALL, -; sd L, cl R, sd L, cl R dropping hnds;
- 17 – 24 **MAN SD CROSS – HOLD & UNWIND:: LADY SD CROSS – HOLD & UNWIND:: BOTH SD CROSS – HOLD & UNWIND:: QUICK TWIST VINE 4: PROM SWAY – STORK LINE:**
- 17-23 Repeat meas. 1 - 7 PART D;;; ;;;
SS 24 **[PROM SWAY]** Sd & fwd L trng to SCP LOD & stretching body upward looking over joined lead hnds, -, (W sd & fwd R trng to SCP LOD & stretching body upward looking over joined lead hnds, -) **[STORK LINE]** Quickly rotate body lf fc & look at partner, -; (W quickly rotate body lf fc bringing lf leg up M's leg & looking well to the lf, -;)