

FOOLISH HEART

Music: Ernesto Cortazar
Cd.:60 Years
<https://music.apple.com/ip/album/60-years/325621937?l=en-US>
Track # 3 Time:2:48 Available from choreographer

Rhythm: Slow Two Step Phase: V+1U (Rom Sway's)

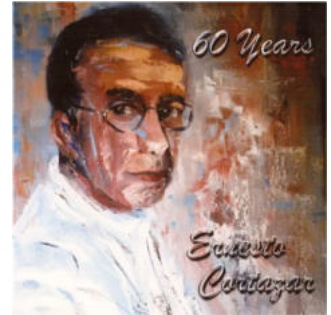
Footwork: Opposite except where (Noted)

Release Date: Nov 25

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Sequence: INTRO A B C A B C(1-12) END



INTRO

01 CP WALL LEAD FOOT FREE WAIT ONE MEASURE ;

{Wait}_CP Wall ld ft free wt 1 meas ;

PART A

01-04 TRAVELING RIGHT TURN w/ OUTSIDE ROLL TWICE ; ; ; ;

{Travelg Right Trn w/ Outsd Roll} Cont trn RF xg ifo W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end CP M fcg DLW ; Fwd R slightly trng RF to fc WALL raisg jnd ld hnd to lead W tm RF, -, sd L, XRif (W sd & bk L comm tm RF under jnd ld hnds, -, cont tm RF under jnd ld hnds R, L) end in CP WALL ;

05-08 TWISTY VINE 3 ; MANUEVER & PIVOT 2 to WALL ; AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER ;

{Twisty Vine 3} Trng RF sd L to fc, -, XRib to Scar DRW, trng LF sd & fwd L to BJO DLW to Manvrg ; {Manuever & Pivot 2 to Wall} Fwd R trng RF ifo W to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL ; {Aida Prep} Releasg trl hnds Sd L trng LF to slight V pos LOD, -, thru R, trng RF sd L to BFLY WALL ; {Aida Line Switch & Rec} Trng RF (W LF) Bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (W RF) on R sd L to fc ptr, rec R & Pickup ;

09-12 TRAVELING CROSS CHASSE FOUR TIMES END to CP WALL ; ; ; ;

{Trav Cross Chasse x 4 End to CP WALL} Trng sltly LF fwd L to DLC, -, w/ rt hldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, cl R ; Repeat meas 9 Intro ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to CP ;

13-16 STROLLING VINE w/ INSIDE ROLL ; ; STROLLING VINE w/ OUTSIDE ROLL ; ;

{Strolling Vine w/ Insd Roll} Sd L, -, XRib (W XLif w/ LF trn like a pick up), -, Trng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R twd LOD) to CP COH ; Sd R, -, XLib (W XRif startg RF trn), -, Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L) to BFLY WALL ;

PART B

01-04 LUNGE BASIC & REVERSE TWIRL ; LUNGE BASIC & ONE RIFF TURN ; LEFT TURL w/ INSIDE ROLL ; BASIC ENDING & Pick up ;

{Lunge Sd & Reverse Twirl} Lunge sd L ckg Lady w/ rt hnd on her rt hip, -, raisg ld hnds rec R leadg W to twrl LF, XLif (W lunge sd R ckg, -, twrl LF L, R) ; {Sd Lunge & One Riff Trn} Sd lunge R, -, raisg ld hnds sd L leadg W to spin RF, cl R (W sd lunge L, -, rec R spinng RF 1 full trn, cl L) ; {Left Trn w/ Insd Roll} Fwd L com LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to BFLY COH ; {Basic Ending to Pickg Up} Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L trng LF to fold ifo M) to BFLY COH & Pickg Up to Rlod ;

05-08~ TRIPLE TRAVELER ; ; ; SLOW SIDE ~ ;

{Triple Traveler} Fwd L comm LF upper body trn to leadW to M's lft sd raise ld hnds to lead W to insd roll, -, fwd R, fwd L (W bk R comm insd roll, -, fwd L twd LOD cont roll, bk R comp roll to fc LOD) end LOP LOD ; Fwd R spiral LF under jnd ld hnds, -, fwd L w/ checkg action, XRib (W [rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk) to BFLY WALL ; {Slow Sd ~} [S] Slow Sd R ~ ;

2^{de} TIME:

05-08 TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} Repeat meas 5,6,7 Part B ; ; ; {Basic Ending} Sd R, -, XLib, rec R to BFLY WALL ;

PART C

01-04 DOUBLE HAND UNDERARM TURN to STACKED HANDS ; OP BREAK ; CHANGE SIDES/W UNDERARM ; HIP LIFT ;

{Dbl Hnd Undrm Trn} [With both hnds jnd above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked lft-over-rt-hnds (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hnds-lft-over-rt) fcg ptr to WALL ; **{Stacked Hnds OP Break}** [With stacked hnds] Sd R, -, rk apt L, rec R ; **{Change Sides / W Underarm}** Fwd L to COH chg sds CW lead W trn under stacked hds, -, sd R, XLif (W fwd R to WALL LF trn under stacked hds chg sds, -, sd L, XRif) to Low Bfly COH ; **{Hip Lift}** Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip ;

05-08 UNDERARM TURN ; HORSESHOE TURN ; ; REVERSE UNDERARM TURN ;

{Underarm Trn } Sd L, -, relg tl-hnds & raisg ld hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd ld hnds XLif, comp full RF trn fwd R to fc ptr) to Bfly WALL ; **{Horseshoe Trn}** [Rel trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (W [rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk) to BFLY WALL ; **{Reverse Underarm Trn}** Relg trl hnds sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY ;

09-12 SPOT TURN ; BACK BREAK & LADY'S HEAD LOOP to ½ OP LOD ; SWITCHES to FACE ; ;

{Spot Trn} [Relsg both hnds] Sd & fwd L to slight V pos LOD, -, trng LF XRif (W trng RF XLif), rec L to fc WALL ; **{Bk Break & W's Head Loop to ½ OP LOD}** Sd R loop M's rt W's lt hds over W's head placing hds on W's rt shldr, -, bk L, rec fwd R RLOD (W sd L loop M's rt W's lt hds over head, -, bk R, rec fwd L) to ½ OP LOD ; **{Switches to Fc}** Sd L xg ifo W to ½ LOP RLOD, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R swiv to fcg ptr (W sd L xg ifo M, fwd R to ½ OP, fwd L swiv to fcg ptr) to BFLY WALL ;

13-16 M UNDER ; W UNDER ; TURN INTO ROMANTIC SWAY'S ; ;

{M Under} Sd L blend to ptr, -, XRif trn ¾ LF under jnd ld hnds, rec L cont trn to fc ptr & Wall (W [Raisg ld hnds] sd R blend to ptr, -, XLif, rec R) ; **{W Under}** Sd R raise ld hnds to lead W to underarm trn, -, XLif, rec R (W sd L, -, XRif trn ¾ LF under jnd ld hnds, rec L cont trn to fc ptr) to BFLY WALL ; **{Trn Into Romantic Sway's}** [Relsg ld hnds] Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R & swiv RF (W LF) to fc bring ld hds betwn ptrs to lead hip, -, sd L, rec R to BFLY WALL ;

ENDING

01-05 UNDERARM TURN ; SIDE & CROSS CHECK to SCAR/W DEVELOPE ; HOLD ;

BACK to FACE into HINGE & EXTEND ARMS ; ;

{Underarm Trn } Repeat meas 5 Part C ; **{Sd & Cross Check to SCAR Checkg/W Develope}** [S,S] [In BFLY] Sd R, -, fwd L to SCAR DLW outsd W checkg, - (W sd L, -, bk R to SCAR, bring L ft up R leg to insd of R knee, extend L ft fwd) ; **{Hold}** Wait 1 meas ; **{Bk to Fc Into Hinge & Extend Arms}** Bk R swiv to fc ptr, -, sd L, slight LF trn lower on L, - (W fwd L swiv to fcg ptr, -, sd R trng LF, cont LF body trn Xib, lower on L extend R to rlod look well to left) ; cont slight lowerg rels ld hnds W place rt hnd on M's lft shldr both extend lfl arms out to sd, -, -, -;