Foolish Feelings

Count: 72 **Wall:** 1 **Level:** Intermediate

Choreographer: Fred Whitehouse (IRE) & Niels Poulsen (DK) - January 2025

Music: Stop - Nolan Sotillo

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

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

&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

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

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

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

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

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

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

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

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
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
