

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
QQSS L, cl R; sd L, cl R, slide sd L, -; draw R to BFLY SCAR, tch R, [CHUG three times in
aSaSaS BFLY] both ft fwd bending knees/slide bk straightening knees to BJO, -; fwd bent
knees/bk 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
S trng lf fc to LOD, -;
SSS 19-21 [DOUB REVERSE] Fwd L trng lf fc, -, fwd R trng lf fc, -; cont trng tch L to fc DLW, -, (W
(SSQQ) bk R trng lf fc, -, bring L to R cont trn chng wt to L, -; fwd R trng lf fc, XLIFR,)
SQQQQ [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, -;)
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

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SQQS-S trng lf fc, -, tch L beside R cont trn, cont lf fc trn on R; fwd L to CBMP DLW, -, (W bk R
(SQSQQS) trng lf fc, -, sd L cont trn, cl R; fwd L trng lf fc, -, sd R cont trn, cl L; bk R to CBMP, -)
QQQQQ **[RUN 6]** Fwd 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 & 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 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 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 ¼ to WALL pushing away from partner, -; (W fwd R trng rt fc ½, -, bk L trng rt fc ¼ 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, -;

- 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, QQS -, sd L, cl R; sd L, -, fwd R to CBMP DLW, -;
 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), QQS sd R; XLIBR (XRIFL), lift R knee (L knee), sd R sliding to rt to CP COH, -;

- 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; cl L to R swinging R away from L, -; **[WITH TAP & SIDE]** Tap R bhnd L, -, sd R, -;
 SS
 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), QQS fwd L, -;
- 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 (SQQ) weight to R to fc LOD, -; (W fwd R trng rt fc, -, sd L, draw R to L;)
 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, -;)