

JUST A FOOL

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Music: "Just a Fool", CD: "Lotus", by Cristina Agulara & Blake Shelton
Track #13; Available from Amazon download 4:13, cut @3:01 and
fade last 5 sec: speed as downloaded

Rhythm/Phase: Hesitation Canter Waltz, Phase V+2 (Split Ronde, Same Foot Lunge Line)

Footwork: Described for M (W opposite, or as noted) **Difficulty:** Avg **Ver** 1.1 **Released:** August, 2017

Timing: 1--4-6, except where noted. Timing reflects actual wgt chgs (W in parentheses)

Sequence: **INTRO - A - B - A(mod) - B(mod) - C - ENDING**



INTRO

1 - 4 WAIT 2 MEASURES;; TOGETHER AND TOUCH & SHAPE; BOX FINISH;

- 1--4-6
-; -
1-----
1--4-6
- 1-2. **{Wt 2}** Wait 2 meas LOP FCG POS DLW w/ lead hnds joined and lead ft free for both ; ;
3-4. **{TOG touch & shape; box finish;}** Fwd L,-,-, tch R to L to CP w/ rt upper body rotation,-,-; Bk R comm trng LF,-,-, sd L fc DLC,-, cl R to L TO CP DLC;

PART A

1 - 5 SLOW VIENNESE TURNS;; CANTER HOVER AND QUICK PICKUP; MINI TELESPIN;;

- 1--4-6
1--4-6
1-34-6
1-3---
(1-34-6)
1--4--
(1--4--)
- 1-2. **{Slw vien trns;;}** Fwd L start LF turn, -,-, fwd & sd R, -, XLif of R (W start LF trn bk R, -,-, bk & sd L, -, cl R); Cont trn bk R, -, -, bk & sd L,-, cl R (W fwd L trn LF, -, -, fwd & sd R, -, XLif of R) to CP DLW;
3. **{Canter hvr and qk pickup}** Fwd L, -, sd and slight fwd R, sd and slight fwd L in SCP, -, thru R comm LF trn to pkup W to CP DLC;
4-5. **{Mini telespin;;}** Start LF trn fwd L, -, cont LF trn sd & bk R extend L ft bk to LOD [no wgt] trn body LF leading W to comm spin to CP (W bk R comm LF trn,-, cl L to R heel trn, fwd R, -, fwd L trn LF twd ptr); Fwd L cont to spin LF on L drawing R to L under body, -, -, cl R to L, -,- (W fwd R cont spinning LF drawing L to R under body,-,-, cl L to R,-,-) to CP DRC;

6 - 8 CONTRA CHK & SWITCH; OPEN NATURAL; OUTSIDE SWVL TWICE;

- 1--4-6
1--4-6
1--4--
6. **{Contra ck & swtch}** Lower keeping hips up to ptr fwd L in contra bdy mvt w/ R sd leading looking over W (W hd well to L), -,-, rec bk R trn 3/8 RF, -, rec bk L trn another 1/8 RF to CP DLW;
7. **{Opn nat}** Fwd R comm RF trn, -,-, fwd & sd L, -, bk R (W comm RF trn bk L,-,-, fwd R betw M's feet, -, sd & fwd L outsd ptr) to BJO RLOD;
8. **{Outsd swvl 2 times}** Bk L leading W to swvl RF (W fwd R outsd ptr and swvl 1/2 RF to SCP fcg RLOD), -,-, rec R leading W to swvl LF (W fwd L outsd ptr & swvl 1/2 LF), -,- to BJO RLOD;

9 - 12 OUTSIDE CHANGE TO SCP; CANTER VINE 4; NAT HVR CROSS W/ SYNC ENDING;;

- 1--4-6
1-34-6
1--4-6
1-34-6
9. **{Outside change to SCP}** Bk L, -,-, bk R blending to CP trng LF, -, cont LF trn sd & fwd L (sd & fwd R) to SCP LOD;
10. **{Canter vn 4}** Thru LOD R,-,sd LOD L, XRib of L (bth Xib), -, sd & fwd LOD L to SCP LOD;
11-12. **{Nat hvr crs w/ sync ending;;}** Fwd R,-,-, trng RF sd & fwd L arnd W,-, cont RF trn step fwd R DW in SCAR fc DC (W fwd L,-,-, fwd R btwn M's feet trn strongly RF,-, bk L in SCAR); XLIF of R fwd DW chking,-, recov R, trng LF sd L,-, fwd R to BJO DLC;

13 - 16 TELEMARK TO SCP; MANEUVER; SLOW PIVOT IN 3 TO SIDE HESITATION;;

- 1--4-6
1--4-6
1--4--
1--4--
13. **{Telemark to SCP}** Fwd L comm LF trn, -,-, fwd & sd R cont LF trn (W cl heel trn), -, sd & fwd L to SCP DLW;
14. **{Maneuver}** Fwd R comm RF trn, -,-, fwd & sd L cont RF trn, -, cl R to L to CP RLOD;
15-16. **{Slow pivot in 3 to sd hesitation;;}** Comm RF upper body trn bk L trng RF 3/8, -,-, fwd R LOD btwn W ft cont trng RF, -,-; Bk L cont trng RF 3/8, -,-, fwd & sd R drw L to R,-,- to CP DLC;

17-20 OPEN REVERSE TURN; OUTSD CHK; IMP TO SCP; THRU SIDE CLOSE;

- 1--4-6
1--4-6
1--4-6
1--4-6
17. **{Op rev trn}** Fwd L comm trng LF,-,-, sd & bk R cont LF trn,-, bk L LOD to BJO RLOD;
18. **{Outside ck}** Bk R comm LF trn 1/8,-,-, sd & fwd L,-, ck fwd R outsd ptr to BJO RLOD;
19. **{Imp to SCP}** Bk L LOD comm RF trn,-,-, cl R to L heel trn, -, sd & fwd L (W fwd R comm RF trn, -,-, fwd & sd L cont RF trn,-, sd & fwd R) to SCP DLC;
20. **{Thru sd cl}** Fwd R comm RF trn to ptr, -,-, sd L, -, cl R to L in low BFLY DLW;

PART B

- 1 - 4 SLOW EXPLODE APART; SLOW TOG & TOUCH; HOVER TELEMAR; MANEUVER;**
 1---- 1. **{Slo explode apt}** Lun apt L taking entire measure to sweep L arm up & away to sd looking away from ptr, -, -, -, -;
 1---- 2. **{Slo tog & tch}** Rec R to fc ptr slowly drw L to tch R, -, -, -, - in low BFLY DLW;
 1--4-6 3. **{Hvr telemark}** Fwd L blending to CP, -, -, fwd & slightly sd R between W's ft rising & trng RF, -, sd & fwd L to SCP DLW;
 1--4-6 4. **{Maneuver}** Fwd R comm RF trn, -, -, fwd & sd L cont RF trn, -, cl R to L to CP RLOD;
- 5 - 11 OVRTRN SPIN TURN; BACK TURN L TO A HINGE; HOVER EXIT TO SCP; CHAIR & SLIP; TELEMAR TO SCP; NAT WEAVE::**
 1--4-6 5. **{Ovrtrn spn trn}** Comm RF upper bdy trn bk L toe pivoting ½ RF to fc LOD, -, -, fwd R [heel lead] between W's ft cont RF trn 3/8, -, bk & sd L to CP RLW;
 1--4-- 6. **{Back to a hinge}** Bk R comm LF trn, -, -, sd & slightly fwd L with ¼ trn to fc Wall leading W to XLib of R keeping lt sd into ptr relaxing L knee & trn R knee to sway rt to look at W, -, - (W fwd L comm LF trn, -, -, sd R with ¼ trn swvl LF, -, XLib of R on flexed L knee & extend R toe point fwd DRC) to M fcg Wall;
 (1--4-6) 7. **{Hvr exit to SCP}** Hold lead W to rec, -, -, sd R rise to ball of ft & brush L to R, -, sd & fwd L (W rec R to CP, -, -, sd L rise to ball of ft & brush R to L, -, sd & fwd R) to SCP LOD;
 --4-6 8. **{Chair & slip}** Fwd R w/ strong lowering & ckg action, -, -, rec L & comm LF trn, -, comp ¼ LF trn to slip R bk (W fwd L w/ strong lowering & ckg action, -, -, rec R & start trng LF, -, comp ¾ LF trn slip L fwd) to CP DLC;
 (1--4-6) 9. **{Telemark to SCP}** Fwd L comm LF trn, -, -, fwd & sd R cont LF trn (W cl heel trn), -, sd & fwd L to SCP DLW;
 1--4-6 10-11. **{Nat weav::}** Fwd R comm RF trn, -, -, sd L cont RF trn, -, bk R DLC (W fwd L, -, -, fwd R, -, fwd L outside ptr); Bk L in BJO, -, -, bk R to CP comm LF trn, -, cont LF trn ¼ sd & fwd L (W fwd R outsd ptr, -, -, fwd L to CP comm LF trn, -, comp ¼ LF trn sd & bk R) to BJO DLW;
 1--4-6
- 12-18 CURVED FEATHER CHK; CLOSED IMP; BOX FINISH; SLOW FWD TO R LUN; SLOW REC AND SLP; OP REV TURN; OUTSD CK;**
 1--4-6 12. **{Crvd fthr}** Fwd R trng RF, -, -, fwd L cont RF trn swvlg RF on L, -, fwd R outsd W (W bk L trng RF, -, -, bk R cont RF trn swvlg RF on R, -, bk L) to BJO RLOD;
 1--4-6 13. **{Clsd imp}** Bk L trng RF, -, -, heel trn on L cl R, -, cont RF trn bk L (W comm RF upper bdy trn fwd R between M's ft heel to toe pivoting ½ RF, -, -, sd & fwd L cont RF trn arnd M and brush R to L, -, fwd R between M's ft) to CP DLW ;
 1--4-6 14. **{Bx fnsh}** Bk R comm LF trn, -, -, sd L, -, cl R to CP LOD;
 1--4-- 15-16. **{Slow fwd R lun; slow rec and slip;}** Fwd L, -, -, with flexed L knee sd & fwd R betw W's ft, -, -; Rec on L, -, -, slp R in bk of L trng 1/8, -, - to CP DLC;
 1--4-- 17. **{Op rev trn}** Fwd L comm tng LF, -, -, sd & bk R cont LF trn, -, bk L LOD to BJO RLOD;
 1--4-6 18. **{Outsd ck}** Bk R comm LF trn 1/8, -, -, sd & fwd L, -, ck fwd R outsd ptr to BJO RLOD;

REPEAT PART A (9-20)

- 9 - 12 OUTSIDE CHANGE TO SCP; CANTER VINE 4; NAT HVR CROSS W/ SYNC ENDING::**
13 - 16 TELEMAR TO SCP; MANEUVER; SLOW PIVOT IN 3 TO SIDE HESITATION::
17-20 OPEN REV TURN; OUTSD CHK; IMP TO SCP; THRU SIDE CLOSE;

PART B (1-16)

- 1 - 4 SLOW EXPLODE APART; SLOW TOG & TCH; HOVER TELEMAR; MANEUVER;**
5 - 9 OVRTRN SPIN TRN; BACK TRN L TO A HINGE; HOVER EXIT TO SCP; CHAIR & SLIP::; TELEMAR; NAT WEAVE::
12-16 CURVED FEATHER; CLOSED IMP; BOX FINISH; SLOW FWD TO R LUN; REC AND SLP;

PART C

- 1-4 4 QUICK VIENNESE TURNS::; SWAY L AND TOUCH SWAY R AND CLOSE ; OPEN NAT;**
 123456; 1-2. **{4 Qk Viennese trns::}** Fwd L comm LF trn, cont trng sd & slightly bk R, cont trng XLif of R to fc RLOD, bk R RLOD start LF trn, sd L cont trng, cont trng cl R to L fc LOD (W bk R start LF trn, cont trng sd L, cont trng cl R to L, Fwd L start LF trn, cont trn sd R, cont trng XLif of R fc RLOD); Fwd L comm LF trn, cont trng sd & slightly bk R, cont trng XLif of R to fc RLOD, bk R RLOD start LF trn, sd L cont trng, cont trng cl R to L fc LOD (W bk R start LF trn, cont trng sd L, cont trng cl R to L, fwd L start LF trn, cont trn sd R, cont trng XLif of R fc RLOD) to CP LOD;

- 1--4-6 3. **{Sway L & tch, sway R & cl}** Sd L with L sd stretch drw R to L, -, -, sd R with slight RF trn & with L sd stretch,-, cl L to R to CP DLW;
- 1--4-6 4. **{Open nat}** Fwd R between W's ft comm RF trn, -, -, fwd & sd L, -, bk R (W comm RF trn bk L,-,-, fwd R between M's feet, -, sd & fwd L outsd ptr) to BJO RLOD;

5 - 8 QUICK WHEEL 6 ; BK HOVER TELEMAR; WHIPLASH; BACK TO QUICK FEATHER FINISH:

- 123456 5. **{Qk wheel 6}** Chk bk L, fwd R trng RF arnd W, cont trng fwd L, fwd R cont trn, fwd L, fwd R trn (W all forward steps) to BJO RLOD;
- 1--4-6 6. **{Bk hvr telemark}** Comm RF upper bdy trn bk L, -, -, cont trn sd & fwd R rising slightly with bdy trng ¼ RF, -, fwd L small step on toe (W comm RF upper bdy trn fwd on R arnd ptr pivoting ½ RF, -, -, sd & fwd L cont RF trn rising slightly with bdy trng ¼ RF, -, fwd R step on toe) to SCP DLC;
- 1----- 7. **{Whiplash}** Thru R trng bdy RF pt L DLC, -, -, -, - (W thru L swvl on L to fc ptr & pt R) to CP DLC;
- 1-34-6 8. **{Bk to qk feather finish}** Bk L, -, bk R trng LF, sd L cont LF trn, -, fwd R to BJO DLC;

ENDING

1-5 CANTER DBL REVERSE W/ SPLIT RONDE;; SLOW CONTRA CHECK & REC; LADY SWVL CLOSE TO A SAME FOOT LUNGE LINE; SIDE TO A HINGE (W/ LADY HEAD LOOP);

- 1-3--- (1-3456); ---4-6 (---456) 1-2 **{Canter DBL rev w/ split ronde;;}** Fwd L comm LF trn, -, fwd & sd R cont LF trn tch L to R,-, -, - (W bk R, -, cl L to R heel trn, cont LF trn sd & slightly bk R, XLif of R, small sd R) to CP DLC; Lower in R leg as ronde L fwd and arnd CCW [no wgt chg],-, -, XLif of R trn LF,-, small sd R (W lowering strongly into R knee & push L fwd on floor ronde L fwd & arnd CCW [no wgt chg],-, -, XLif of R & rise rotation LF, sd R, XLif of R) to CP DRC;
- 1--4-- 3. **{Slow contra check rec }** Lower keeping hips up to ptr fwd L in contra bdy mvt w/ R sd leading looking ovr W (W head well to L), -, -, rec R, -, - to CP DRC;
- (1-----) 4. **{Lady swvl cl to a same foot lunge line}** Lower on R while swvl W RF keeping hips toward ptr (W swvl RF closing R to L, -, -, lower on R as L extends towards M's L ft, -, -) DRC;
- 1----- 5. **{Sd to a hinge w lady head loop w/ lead hnds}** Sd L swvl W LF ½ lower on L,-,-,-,- (W rec on L swvl LF ½ extend R towards DLC) as W extends foot raise jnd ld hnds ovr W head to W's L shldr & W lowers her head to M's chest M fcg DRC;