

COOL FOXTROT

Choreographer: Mike & Michelle Seurer 360 8th Street, Fond du Lac, WI 54935 (wecue4u@att.net)

Record: Universal B0001371-21A, Joe Nichols "Cool to Be a Fool"

Rhythm: Foxtrot/Jive

Speed: 45 rpm

Released: May 2010

Phase: III+1(Diamond Turns)

Time: 2:55

Footwork: Opposite, except as noted

Sequence: INTRO AB ABC B ENDING

INTRODUCTION

- 1----4 (IN BFLY/WALL) WAIT 2 MEAS;; TWIRL VINE 3; PICK-UP;
1-2 In BFLY/WALL wait 2 meas;;
3-4 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R); Fwd R trn
LF LOD,-, fwd L, cl R;

PART A

- 1----4 FWD RUN 2 TWICE;; BOX;;
1-2 Six passing steps Fwd L,-,fwd R,fwd L; Fwd R,-, Fwd L,fwd R;
3-4 Fwd L,-, sd R, cl L; bk R,-,sd L ,cl R;
5----8 2 LEFT TURNS;; VINE 3; P/U
5-6 Fwd L comm LF upper body trn,-, cont trn sd & bk R, cl L; Bk R comm LF upper
body trn,-, cont trn to fc WALL sd & fwd L, cl R;
7-8 Sd L,-, XRib of L, sd L; Fwd R trn LF LOD,-, fwd L, cl R;
(2nd time change to Thru fc Cl)

PART B

- 1----4 DIAMOND TURNS;;;(SDCAR)
1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont LF trn,-
sd L cont LF trn, XRifL contra BJO DRW;
3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont LF trn,-,sd
L cont LF trn, sd L, Fwd R to SDCAR;
5----8 X HOVER BJO; X HOVER SDCAR;X HOVER, SCP; FWD FC CL;
5-6 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
7-8 XLif,-, sd R rise, rec L SCP; thru R twd LOD,-, sd L, cl R;
9---12 LEFT TURNING BOX;;;
9-10 Fwd L,-, trng 1/4 LF, sd R, cl L to R; Step bk on R,-, trng 1/4 LF, sd L, cl R to L;
11-12 Fwd L,-, trng 1/4 LF, sd R, cl L to R; Step bk on R,-, trng 1/4 LF, sd L, cl R to L;
13----16 HOVER;THRU FC CL TWIRL VINE 3, P/U;
13-14 Fwd L,-, fwd & sd R rising to ball of foot, rec L to tight SCP; thru R twd LOD,-, sd
L, cl R;
15-16 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R); Fwd R trn LF
LOD,-, fwd L, cl R; (2nd & 3rd time thru change to THRU FACE CLOSE)

PART C

- 1----4 CHASSE L&R; CHANGE R to L & CHANGE L TO R;;
1-2 (Chasse L&R) Sd L/R,L, sd R/L,R(R to L) Rk bk L to SCP, rec R, sd L/ cl R, sd L
trng 1/4 LF(W rk bk R, rec L, sd R/ cl L, fwd R trng 3/4 RF undr jnd ld hands);
3-4 (Cont R to L) sd & fwd R/cl L, sd R(W sd & slightly bk L/cl R, sd & bk L),(L to R)
Rk apt L, rec R(W apt L, rec R); Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R
end in fcg WALL(W fwd R/cl L, fwd R trng 3/4 LF undr jnd ld hands, cont trn
sd L/cl R, sd L to fc ptr) end in SCP/LOD;
5---8 ROCK RECOV; KICK-BALL CHANGE; SLOW WALK & PU;
5-7 Rk bk L, rec R; Kick L ft fwd/take weight on ball of L ft, step on R(W kick R ft
fwd/take weight on ball of R ft, step on L); Fwd L,R,-; Pick W to CP/LOD,-, tch L,-
;

ENDING

- 1----4 WHISK; THRU FACE CLOSE; SIDE DRAW TOUCH LEFT & RIGHT;;
1-2 Fwd L,-, Fwd R & sd rise, XLib; thru R twd LOD,-, sd L, cl R;
3-4 Sd L, draw R to L, tch R,-; Sd R, draw L to R, tch L,-;
5----6 SLO DIP TWIST; LEG CRAWL;
Slightly twist upper body,-; Rec,-,bk(W rec & lift L on M's R),-;