

# 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 + 1 + 2 Quickstep (Four Quick Run) (Extended Open Nat'l, Pendulum)  
 Footwork: Opposite, directions for man (lady as noted) Speed 41-42 rpm  
 Sequence: Intro, A, B, C, D, Ending April 2002

## -INTRO -

1 - 4SD 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- 3-4Walk fwd L, -, fwd R, -; Fwd L, XRIBL, -, -;

## -A -

1 - 8CHARLESTON (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

QSSS

aSaSaS[THRU HOP TWO SIDE CLOSES SIDE DRAW TOUCH to BFLY SCAR] thru R, hop, sd L, cl R;  
 sd L, cl R, side sd L, -; draw R to BFLY SCAR, tch R, [CHUG three times in BFLY] both ft fwd bending  
 knees/side 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:: FWD LK, FWD, LK w/lf sway; FWD MANUV SIDE CLOSE; SPIN TRN - BK & CHASSE (BJO DLC):::

SQQS 9-11 SQQQS [BK & CHASSE] (trailing ft) bk R to BJO, -, sd L, cl R; sd L, -, [FWD - TWO FWD  
 LOCKS w/lf sway] fwd R, -; fwd L, XRIBL (XLIFR), fwd L, XRIBL (XLIFR) with lf sway;  
 SSQQ 12-13[FWD MANUV SIDE CLOSE] -, -, chng sway sd & fwd L, -; fwd R trng rt fc, -, sd L, cl R;  
 SSS 14-16  
 SQQS [SPIN TURN] bk L, -, fwd R, -; bk L, -, [BACK & CHASSE BJO] bk R, -; sd L, cl R, sd L to BJO  
 DLC, -;

17 - 24 FWD QK OPEN REVERSE PIVOT:: DOUB REVERSE - CROSS CHASSE HOP::: STEP HOP TWICE; CONTRA CHK & REC; start PIVOT THREE;

SS 17-18 QQS  
 [FWD QK OP REVERSE PIVOT] Fwd R trng lf fc, -, fwd L, -; sd R, bk L to CBMP, bk R trng lf fc to LOD, -;  
 SSS 19-21  
 (SSQQ) SQQQQ[DOUB REVERSE] Fwd L trng lf fc, -, fwd R trng lf fc, -; cont trng tch L to fc DLW, -, (W  
 bk R trng lf fc, -, bring L to R cont trn chng wt to L, -; fwd R trng lf fc, XLIFR,) [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);  
 QQQQ 22[STEP HOP TWICE] Fwd L, hop, fwd R, hop;  
 SS 23[CONTRA CHECK & REC] Fwd L in CBMP DLW, -, rec R commencing rt fc trn, -;  
 SS 24[start PIVOT THREE] Cont trn back L pivoting rt fc, -, fwd R pivoting rt fc, -;

25 - 32 Finish PIVOT THREE to a QK RIGHT TRNG LOCK - THRU, PKUP TO::: CHARLESTON CROSSES; BK LK BK; RUNNING FINISH; FOUR QK RUN (twice)::

S 25-27

QSSS  
 SQQS [finish PIVOT THREE] Cont trn bk L pivoting rt to fc RLOD, -, [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,) [THRU  
 PKUP TO CHARLESTON CROSSES] thru R, -; fwd L trng to loose CP COH, sd R swiling on balls of ft  
 trng rt heel out to rt and lf heel out to lf, XLIFR (XRIFL) trng lf heel out to rt and rt heel out to lf, -;

- QQQQ 28 [CHARLESTON CROSSES] Sd R swling on balls of ft trng rt heel out to rt and lf heel out to lf, XLIFR (XRIFL) trng lf heel out to rt and rt heel out to lf, sd R swling on balls of ft trng rt heel out to rt and lf heel out to lf, XLIFR (XRIFL) trng lf heel out to rt and rt heel out to lf;
- QQS 29 [BK LK BK] Blending to BJO bk R, XLIFR (XRIBL), bk R, -;
- SQQ 30 [RUNNING FINISH] bk L in CBMP trng rt fc leading W outside partner, -, sd & fwd R, fwd L to BJO LOD;
- 8 Q's 31-32 [FOUR QUICK RUN (twice)] Fwd R, fwd L, XRIBL (XLIFR), fwd L; fwd R, fwd L, XRIBL (XLIFR), fwd L to BJO LOD;

- 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), [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,) [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 & PUSH AWAY 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, -;
- 3-4 [BK LK BK] Repeat meas. 29 Part A; [RUNNING FINISH] Repeat meas. 30 Part A;
- 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, -;) [MANUV, SD CL] Fwd R trng rt fc, -, sd L, cl R;
- SS 8 [PIVOT & PUSH AWAY] Bk L trng rt fc 1/2, -, fwd R trng rt fc 1/4 to WALL pushing away from partner, -; (W fwd R trng rt fc 1/2, -, bk L trng rt fc 1/4 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- 5-8 [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, -; sd L, cl R; sd L, -, fwd R to CBMP DLW, -;
- QQS
- 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), sd R; XLIBR (XRIFL), lift R knee (L knee), sd R sliding to rt to CP COH, -;
- QQS
- ENDING -
- 1 – 8 PENDULUM SWING WITH TAP & SIDE:: BK, BK LK BK – OUTSIDE SPIN:: BACK, SIDE FWD (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, -, [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, -;)
- SSS
- SQQ 6 [BK SD FWD] Bk R trng lf fc, -, sd L, fwd R LOD; (W fwd L trng lf fc, -, sd R, bk L;)
- QQQQ 7-8 [RUNNING FWD LOCKS] Fwd L, XRIBL (XLIFR), fwd L, fwd R; fwd L, XRIBL (XLIFR), fwd L, -;
- QQS
- 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 weight to R to fc LOD, -; (W fwd R trng rt fc, -, sd L, draw R to L;)
- (SQQ)
- 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, -.) [THRU WITH DOUBLE CHASSE] Thru R trng to fc partner & WALL, -; sd L, cl R, sd L, cl R dropping hnds;
- SQQQQ
- 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, -;)