

Only a Fool IV

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 Music: Only A Fool (Slow Fox _ 28 Bpm)
 Artist: Bodane Album: Dancelife and Company, Featuring Bodane
 Single available for download at [Amazon Only a Fool](#)
 Listen on You Tube: [You Tube Only a Fool](#)
 Time: As downloaded 2:49 Recommended speed: As downloaded
 Footwork: Opposite unless noted (Woman's footwork in parentheses)
 Timing reflects weight changes only
 Rhythm: Foxtrot Phase: IV + 1 (Ripple Chasse) Difficulty: Average
 Sequence: Intro-A-B-A(9-16)-C-B-A(9-16)-End

INTRO

1-4 **WAIT;; QK ROLL IN 3 & TCH; QK ROLL OUT 3 & TCH (DLC);**
 (1-2) {Wait} BFLY DLC with lead feet free wait;;
 QQS QQS (3-4) {Qk Roll In 3 & Tch} Sd L comm LF roll, sd R continue LF roll, sd L, tch R;
 {Qk Roll Out 3 & Tch} Sd R comm RF roll, sd L continue RF roll, sd R, tch L to CP DLC;

PART A

1-4 **DIAMOND TRN 1/2;; QK DIAMOND 4; DIP BK & RECOVER;**
 SQQ SQQ (1-2) {Diamond Trn ½} Fwd L comm LF trn, -, continue LF trn sd R, bk L to BJO DRC; Bk R trng LF, -, sd L, fwd R to BJO DRW;
 QQQQ (3) {Qk Diamond 4} Fwd L comm LF trn, continue trn sd R, bk L twd DRC, with slight LF trn bk R to CP LOD;
 SS (4) {Dip Bk & Recover} Dip bk L, -, rec R, - to CP LOD;
5-8 **TRN L & R CHASSE BJO; BK BK LOCK BK; IMPETUS TO SCP; THRU FC CL;**
 SQQ&Q (5) {Trn L & R Chasse} Fwd L comm LF trn, -, sd R/cl L, sd & bk R to BJO DRC;
 SQQ&Q (6) {Bk Bk Lock Bk} In BJO position bk L, -, bk R/lock L in front of R, bk R (fwd R, -, fwd L/lock R in bk of L, fwd L) to BJO DRC;
 SQQ (7) {Impetus SCP} Bk L trng RF, -, heel trn on L cl R, continue body trn RF sd & fwd L (fwd R trn RF, -, sd & fwd L trn RF, sd & fwd R) to SCP DLC;
 SQQ (8) {Thru Fc Cl} Thru R, -, fwd & sd L to fc, cl R to L (Thru L, -, fwd & sd R to fc, cl L to R) to CP DLW;
9-12 **HOVER; PROMENADE WEAVE;; WHISK;**
 SQQ (9) {Hover} Fwd L, -, sd & fwd R hovering, sd & fwd L (Bk R, -, bk & sd L hovering, sd & fwd R) to SCP DLC;
 SQQ QQQQ (10-11) {Promenade Weave} Thru R, -, fwd L comm LF trn, sd & bk R to BJO RLOD; bk L, bk R comm LF trn blending to CP, sd & fwd L DLW, fwd R outside ptr (Thru L, -, sd & bk R comm LF trn, continue trn then fwd L; Fwd R, fwd L comm LF trn, continue LF trn sd & slightly bk R, bk L) to BJO DLW;
 SQQ (12) {Whisk} Fwd L to CP, -, fwd & sd R with rise, XLib (Bk R, -, bk & sd L with rise, XRib) to SCP LOD;
13-16 **THRU CHASSE BJO; FWD CHASSE SCP; WHIPLASH; BK HOVER SCP;**
 SQQ&Q (13) {Thru Chasse BJO} Thru R, -, sd L/cl R, sd & fwd L (Thru L, -, sd R/cl L, sd & bk R) to BJO LOD;
 SQQ&Q (14) {Fwd Chasse SCP} Fwd R, -, sd L/cl R, sd & fwd L (sd & fwd R) to SCP LOD;
 S - (15) {Whiplash} Thru R, -, point L fwd & sd, hold (Thru L, -, trng body and swiveling LF point R bk & sd, hold) ending in BJO LOD;
 SQQ (16) {Bk Hover SCP} Bk L, -, sd & bk R with rise, rec fwd L (Fwd R, -, sd & fwd L trng RF, fwd R) to SCP LOD;

PART B

- 1-4 WING; REVERSE WAVE;; CLOSED IMPETUS;**
- S - (SQQ) (1) **{Wing}** Thru R, -, draw L to R, tch L trng upper body LF (Thru L comm LF trn, -, fwd R around M continue trn, fwd L) to SCAR DLC;
- SQQ SQQ (2-3) **{Reverse Wave}** Fwd L comm 1/4 LF trn, -, sd R, bk L (bk R comm 1/4 LF trn, -, heel trn on R cl L, fwd R) to CP DRC; Bk R curving LF, -, bk L, bk R to CP RLOD;
- SQQ (4) **{Closed Impetus}** Comm RF trn bk L, -, heel trn on L cl R, sd & bk L (Fwd R comm 1/2 RF trn, -, sd & fwd L continue trn & brush R to L, fwd R between M's feet) to CP DLW;
- 5-8 FEATHER FINISH; REVERSE TRN;; FISHTAIL;**
- SQQ (5) **{Feather Finish}** Bk R trng LF 1/4, -, sd & fwd L, fwd R outsd ptr to BJO DLC;
- SQQ SQQ (6-7) **{Reverse Trn}** Fwd L comm LF trn, -, sd R, bk L (Bk R comm LF trn, -, heel trn on R cl L, fwd R) to CP RLOD; Bk R comm LF trn, -, sd & fwd L DLW, fwd R outside partner to BJO DLW;
- QQQQ (8) **{Fishtail}** XLib, comm RF trn sd R, fwd L w/L shoulder ld, XRib to BJO DLW;

REPEAT PART A (9-16)

- (1-8) **Repeat Part A Measures 9-16;;;;;;;;;**

PART C

- 1-4 SLO SD LOCK; REVERSE TRN 1/2; BK & CHASSE (BJO); FWD TWIST VINE 4;**
- SQQ (1) **{Slo Sd Lock}** Thru R, -, sd & fwd L to CP, XRib of L trng slightly LF (Thru L starting LF trn, -, sd & bk R continue trn, XLif of R) to CP DLC;
- SQQ (2) **{Reverse Trn 1/2}** Fwd L comm LF trn, -, sd R, bk L (Bk R comm LF trn, -, heel trn on R cl L, fwd R) to CP RLOD;
- SQQ&Q (3) **{Bk & Chasse BJO}** Bk R trn LF to fc WALL, -, sd L/cl R, sd & fwd L to BJO DLW;
- QQQQ (4) **{Fwd Twist Vine 4}** XRif, sd L, XRib, sd L to BJO DLW;
- 5-8 NATURAL TRN 1/2; SPIN OVERTRN; DOUBLE BK LOCK; FEATHER FINISH;**
- SQQ (5) **{Natural Trn 1/2}** Fwd R trng RF, -, sd L cont RF trn, bk R (bk L, -, heel trn RF on L cl R, fwd L) to CP RLOD;
- SQQ (6) **{Spin Overtrn}** Comm RF upper body trn small bk L toe in pivoting 1/2 RF to face LOD, -, fwd R between woman's feet heel to toe continue RF trn keeping L leg extended bk and sd, complete trn to face DRW sd and bk L (Comm RF upper body trn fwd R between man's feet heel to toe pivoting 1/2 RF, -, bk L toe continue trn brush R to L, complete trn sd and fwd R) to CP DRW;
- QQQQ (7) **{Double Bk Lock}** Bk R with R sd lead blending to BJO, lock Lif, bk R, lock Lif to BJO DRW;
- SQQ (8) **{Feather Finish}** Bk R trng LF, -, sd & fwd L, fwd R outsd ptr to BJO DLW;
- 9-12 HOVER (SCP); RIPPLE CHASSE; THRU FC CL; HOVER TELEMAR;**
- SQQ (1) **{Hover SCP}** Repeat Part A measure 9 to SCP LOD;
- SQQ&Q (2) **{Ripple Chasse}** Thru R, -, sd & fwd L with slight L sd stretch/cont L sd stretch into a R sway cl R to L, sd & fwd L losing sway blending (thru L, -, Sd & slightly fwd R with slight R sd stretch/cont R sd stretch cl L to R looking L, sd & fwd R) to SCP LOD;
- SQQ (3) **{Thru Fc Cl}** Repeat Part A Measure 8;
- SQQ (4) **{Hover Telemark}** Fwd L, -, sd & fwd R rising slightly w/ RF body trn, fwd L (Bk R, -, sd & bk L w/hovering action and RF body trn, fwd R) to SCP DLW;
- 13-16 IN AND OUT RUNS;; WEAVE 6 (SCP);;**
- SQQ SQQ (5-6) **{In & Out Runs}** Fwd R comm RF trn, -,sd & bk L cont trn, bk R to BJO right sd lead (fwd L, -, fwd R between M's feet, fwd L); Bk L comm RF trn, -, fwd R between W's feet, fwd L (fwd R trng RF, -, sd & bk L cont RF trn, fwd R) to SCP DLC;
- SQQ SQQ (7-8) **{Weave 6 SCP}** Thru R, -, fwd L comm LF trn, sd & bk R to BJO RLOD; bk L, -, bk R comm LF trn blending to CP, sd & fwd L LOD (Thru L, -, sd & bk R comm LF trn, continue trn then fwd L; Fwd R, fwd L, sd & fwd R) to SCP LOD;

REPEAT PART B

(1-8) **Repeat Part B Measures 1-8;;;;;;;;;**

REPEAT PART A (9-16)

(1-8) **Repeat Part A Measures 9-16;;;;;;;;;**

END

1-4 THRU CHASSE BJO; FWD CHASSE SCP; FEATHER (DLW); CHANGE OF DIRECTION;

- SQ&Q (1) **{Thru Chasse BJO}** Repeat Part A measure 13;
 SQ&Q (2) **{Fwd Chasse SCP}** Repeat Part A measure 14;
 SQQ (3) **{Feather DLW}** Thru R, -, fwd L, fwd R outsd ptr (Thru L trng LF, -, sd & bk R, bk L) to BJO DLW;
 SS (4) **{Change of Direction}** Fwd L DLW, -, fwd R DLW R shoulder lead trng LF, draw L to R to CP DLC;

5-8 TRN L & CHASSE BJO; BK BK LOCK BK; IMPETUS SCP; QK SYNCOPATED THRU VINE 3 TO PROM SWAY/OVERSWAY & HOLD;,,

- SQ&Q (5) **{Trn L & Chasse BJO}** Repeat Part A measure 5;
 SQ&Q (6) **{Bk Bk Lock Bk}** Repeat Part A measure 6;
 SQQ (7) **{Impetus SCP}** Repeat Part A measure 7;
 Q&QS - (8+) **{Qk Syncopated Thru Vine 3 to Promenade Sway/Oversway & Hold;,,}** XRif/sd L (Xlif/sd R), XRib (XLib), sd & fwd L (sd & fwd R) stretching body upward to look over joined lead hands, relax left knee sharp chg sway W's head trns to L to CP WALL; hold -, -,

QUICK CUES

INTRO

BFLY/DLC LEAD FEET FREE WAIT;; QK ROLL IN 3 & TCH; QK ROLL OUT 3 & TCH (DLC);

PART A

**DIAMOND TRN ½;; QK DIAMOND TRN IN 4; DIP BK & RECOVER;
TRN L & R CHASSE BJO; BK BK LOCK BK; IMPETUS TO SCP; THRU FACE CL (DLW);
HOVER; PROMENADE WEAVE;; WHISK;
THRU CHASSE BJO; FWD CHASSE SCP; WHIPLASH; BK HOVER SCP;**

PART B

**WING; REVERSE WAVE;; CLOSED IMPETUS;
FEATHER FINISH; REVERSE TRN;; FISHTAIL;**

PART A (9-16)

**HOVER; PROMENADE WEAVE;; WHISK;
THRU CHASSE BJO; FWD CHASSE SCP; WHIPLASH; BK HOVER SCP;**

PART C

**SLO SD LOCK; REVERSE TRN 1/2; BK & CHASSE (BJO); FWD TWIST VINE 4;
NATURAL TRN 1/2; SPIN OVERTRN (DRW); DBL BK LK; FEATHER FINISH (DLW);
HOVER (SCP/LOD); RIPPLE CHASSE; THRU FACE CL (DLW); HOVER TELEMAR;
IN AND OUT RUNS (DLC); WEAVE 6 (SCP/LOD);;**

PART B

**WING; REVERSE WAVE;; CL IMPETUS;
FEATHER FINISH (DLC); REVERSE TRN;; FISHTAIL;**

PART A (9-16)

**HOVER; PROMENADE WEAVE;; WHISK;
THRU CHASSE BJO; FWD CHASSE SCP; WHIPLASH; BK HOVER SCP;**

END

**THRU CHASSE BJO; FWD CHASSE SCP; FEATHER (DLW); CHG OF DIR;
TRN L & CHASSE BJO; BK BK LOCK BK; IMPETUS SCP; QK SYNC THRU VINE 3 TO PROM
SWAY/OVERSWAY; & HOLD,,**