

These Foolish Things

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Music: These Foolish Things (Rod Stewart) (Songbook)
Avail for download from [Amazon.com](https://www.amazon.com)
Footwork: Opposite except where noted
Rhythm/Phase West Coast Swing Phase V+2(Cheerleader & Rock Whip)+3
Degree of Difficulty: Difficult **Speed** 52 rpm on Dancemaster
Sequence: Intro – A – B – C – A(1-8) – B – END **Release** 1.0 February 2019

INTRO

1 - 4 WAIT ; HALF WHIP INTO SWITCH BACKS & ANCHOR ; ; ;

- 1 In LOP fc ptr RLOD wait 1 measure ;
123&4 2-4 Bk L, fwd & across R moving to W's R sd start RF trn to CP, sd L cont RF trn slightly/recov fwd
12&-&- R with R sd twd ptr, sd & bk L with R sd still twd ptr; fwd R, fwd L/trng RF away from W to fc
&-23&4 wall cl R/point L twd W,/trng LF to fc W cl L/point R to Wall;/trng RF away from W cl R/point L
twd W, trng LF twd W cl L, anchor bk R/L, R;
(W fwd R, fwd L trn RF ½, bk R/ cl L, fwd R being stopped by M; bk L, bk R/trng LF away from
M cl L/point R twd M,/trng RF to fc M cl R/point L twd wall;/trng LF away from M cl L/point R
twd M, trng RF twd M cl R, bk anchor L/R, L);

PART A

1 - 4 WHIP W/HAND CHNG BEH BK ; ; SHADOW TUCK & ROLL ; ;

- 123&4 1-2 Bk L, rec R acrs L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R
arm bhd her bk (W fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to mom CP RLOD ;
123&4 Using R hnd take W's R hnd bhd her back trn ½ RF XRIB of L, fwd & sd L, anchor R/L, R
(W fwd L trng RF, fwd R completing 1½ RF trn to fc M, bk to anchor L/R, L) end fcg ptr & LOD
w/ R hnds jnd;
12-4 3-4 Bk L, rec R across L comm RF trn, cont RF trn point L LOD shdw Wall L hand on W's shoulder,
fwd L across slot trng RF(W fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd RLOD);
123&4 Fwd R, fwd L, anchor bk R/L, R(W fwd L trng RF ¾ fc WALL, fwd R trng to fc RLOD, anchor
bk L/R, L);

5 – 8 LADY SWIV WALK 4/MAN POINT ; CIRCULAR TRAV SAND STEP 2X/M TCH ; ; SEND HER BK TRIPLE & ANCHOR HANDSHK ;

- 123- 5 Bk L, R, L, point R to sd end in firm low BFLY waist high palms fwd
(1234) (W swiv LF on L/ fwd R, swiv RF on R fwd L, swiv LF on L/fwd R swiv RF on R fwd L);
1234 6 Trng LF both swivel LF/tch R toe to L instep, swiv RF on L/sd R, swiv LF/tch L heel
to side, swivel RF on R XLIF;
123- 7 Trng LF both swivel LF/tch R toe to L instep, swiv RF on L/sd R, swiv LF/tch L heel
(1234) to side, swivel RF on R tch L to R(W XLIF); move turns LF ½ to fc LOD
1&23&4 8 Extending lead hands to send lady bk fwd L/R,L, anchor R/L, R join R hands
(W bk R/L, R, anchor L/R, L);

(Cont Part A)

9 - 12 STRAIT WHIP TO DBLE HAND SWEETHEARTS ; ; ; ;

- 123&4 9 Bk L joining L hands over R, rec R acrs L comm RF trn raising L hands, cont RF trn bringing L hand over W head sd & fwd L/rec R, sd & fwd L end varsouvienne fc RLOD (W fwd R, fwd L raising L hand, fwd R/cl L, bk R);
- 123&4 10 Chk fwd R trng body RF with contra action look at W, rec L, sd R/cl L, sd R beh W (W chk bk L, rec R, sd L/cl R, sd L in front of M); to L Varsouvienne
- 123&4 11 Chk fwd L trng body LF with contra action look at W, rec R, sd L,cl R, sd L beh W (W chk bk R, rec L, sd R/cl L, sd R in front of M); to Varsouvienne
- 123&4 12 XRIB trng ½ RF bringing R hands over W head, fwd L LOD, anchor R/L, R (W backing up under R hands bk L, bk R, anchor L/R, L); release L hands keep R hands

13 – 16 UNDERARM TURN TO ESCORT ; WHEEL 2 FC & ANCHOR ; WRAPPED WHIP ; ;

- 123&4 13 Bk L, rec R acrs L comm RF trn lead W under R hands, cont RF trng sd & fwd L/R, sd & fwd L slight over turn to V pos fc COH lead arms hooked in escort (W fwd R, fwd L start LF trng, sd R/XLif under R hands, bk R slight overturn to V pos COH hook R arm in M's L);
- 123&4 14 Wheel ¼ LF bk R, bk L leading W to trn RF anchor R/L, R join both hands low BFLY (W wheel fwd L, fwd R trng to fc M, anchor bk L/R, L join both hands);
- 123&4 15 Bk L, rec R acrs L comm RF trn raising L hands, cont RF trn bringing L hand over W head sd & fwd L/rec R, sd & fwd L end wrapped fc RLOD (W fwd R, fwd L, fwd R/cl L, bk R);
- 123&4 16 Trng RF release trailing hands XRIB, sd & fwd L, anchor R/L R lead hands joined (W bk L, bk R, anchor L/R, L);

PART B

1 – 4 SIDE WHIP ; INTO BOOMERANG TRIPPLE TRAVEL & ROLL ; ; ;

- 12- - 1 Bk L, rec R acrs L comm RF trn, cont RF trn fc wall pt L to LOD, hold (W fwd R, fwd L trng ½ RF, bk R/cl L fwd R);
- (123&4) 2 Shift wgt to L in strong press line leading W fwd, shift full wgt to L, trng LF fc DLC join R hands (123&4) Sd R/cl L, sd R trng RF ¼ (W fwd L, fwd R trng LF 5/8 join R hands, sd L/cl R, sd L trn RF ¼);
- 123&4 3 Sd L trng ½ RF, sd R trng ½ RF to join L hands, sd L/cl R, sd L trng ¼ LF join R hands (W sd R trng ½ RF, sd L trng ½ RF join L hands, sd R/cl L, sd R trng ¼ LF join R hands);
- 123&4 4 Chk fwd sd & fwd R, rec L trng RF ¼ join L hands, sd R/cl L, sd R trng LF ¼ join R hands (W chk sd & bk L, rec R trng RF ¼ join L hands, sd L/cl R, sd L trn LF ¼ join R hands);

**5 - 8 CONT TRIPPLE TRAV & ROLL ; , , PUSH BREAK , ; ;
QUICK CHICKEN WALK 4 HND SHK ;**

- 1&234 5-7 Sd L/cl R, sd L trng RF ¼, sd R trng RF ½, sd L trng RF 3/8 join lead hands (W sd R/cl L, sd R trng RF ¼, sd L trng RF ½, sd R trng RF 1/8 join lead hands);
- 1&234 Anchor R/L, R (W anchor L/R, L), [Push Break] Bk L, bk R to two hnds joined low;
- 1&23&4 bk L/ bring R twd L cl R, small fwd L end with lead hnds joined, anchor R/L, R (W fwd R, fwd L strong step to be close to M, fwd R/bring L twd R cl L, bk R; anchor L/R, L);
- 1234 8 Bk L, R, L, R join R hands (W swiv RF on L fwd R toe out, swiv LF on R fwd L toe out, swiv RF on L fwd R toe out, swiv LF on R fwd L toe out);

(Cont Part B)

**9 - 16 START LEFT SD PASS VARSOU ; MAN CROSS BREAKS/LDY SIT SWIVELS ;
LADY OUT TO FACE & ANCHOR ; START LEFT SD PASS VARSOU ;**

- 123&4 9 Bk L, cl R trng LF lead W to L side, in plc L/R, L leady W to turn LF bring R hand beh W to Vars;
(W fwd R, fwd L, in trng LF in plc R/L, R,)join both hands in varsouviene fc RLOD
- 1&23&4 10 Small fwd R trn RF/chk sd L, rec R trng RF, fwd L LOD trng LF/chk sd R, rec L trng LF
1-3- (W lwr on R fwd L, slow swivel RF with slight rise, lwr on L fwd R, slow swive LF with rise);
- 123&4 11 Fwd R RLOD, small fwd L rel L hands lead W trn RF, anchor bk R/L, R
(W fwd L, fwd R trng ½ RF, anchor L/R, L);
- 123&4 12 Bk L, cl R trng LF lead W to L side, in plc L/R, L leady W to turn LF bring R hand beh W to Vars;
(W fwd R, fwd L, in trng LF in plc R/L, R,)join both hands in varsouviene fc LOD

**9 - 16 MAN CROSS BREAKS/LDY SIT SWIVELS ; LADY OUT TO FACE & ANCHOR ;
LEFT CIRCLE PASS W/INSIDE TURN ; ;**

- 1&23&4 13 Small fwd R trn RF/chk sd L, rec R trng RF, fwd L LOD trng LF/chk sd R, rec L trng LF
1-3- (W lwr on R fwd L, slow swivel RF with slight rise, lwr on L fwd R, slow swive LF with rise);
- 123&4 14 Fwd R RLOD, small fwd L rel L hands lead W trn RF, anchor bk R/L, R
(W fwd L, fwd R trng ½ RF, anchor L/R, L);join both hands low bfly
- (Note: Optional to join L hands over R at the start of measure 9 and retain both hands joined through measure 14 bringing the left hand over W's head going into and out of the varsouvienne position)
- 123&4 15 Bk L, sd & fwd R lead W to M's L sd , raise lead hands over M's head small sd L/cl R, sd L
(W fwd R, fwd L trng LF ½, sd R/XLib, sd & fwd R); end in M's wrapped pos LOD
- 123&4 16 Release trailing hands bk R lead W fwd, rec L raise lead hands lead W to trn LF, anchor R/L, R
(W fwd L, fwd R trng LF ½, cont LF trn ½ fwd L/,fwd R trng LF ½, bk L); end LOP fc ptrn LOD

PART C

1 - 4 ROCK WHIP ; ; ; 2 SLOW SWIVELS ;

- 123&4 1 Bk L, rec R acrs L comm RF trn, cont RF trng sd & fwd L/rec R, sd & fwd L trn RF fc COH
(W fwd R, fwd L trng RF, bk R/cl L fwd R trng RF);
- 1234 2 Cont RF trn fwd R LOD, rec sd L trng RF, cont RF trn fwd R RLOD, rec sd L trng RF
(W cont RF trng bk L LOD, rec R trng RF, cont RF trn bk L RLOD, rec R trng RF);
- 123&4 3 Fwd R LOD, fwd L, anchor R/L, R(W bk L, bk R, anchor L/R, L);
- 1-3- 4 Swiv LF on R/fwd L, -,swiv RF on L/fwd R, -; join both hands low bfly

5 - 8 SLINGSHOT ; ; WHIP OVERTURN LOP ; ;

- 12-- 5 Bk L trng LF, rec sd & bk lead W to L side, soften into R knee chking W, rise on R
(1234) (W fwd R, fwd L trng LF, lunge sd R on soft knee, rec L trn LF);
- 1&23&4 6 Release trailing hands lead W under lead hands in plc L/R trn LF, fwd L LOD,anchor R/L, R
(W trng 1 ½ LF under lead hands R/L, R, anchor L/R, L);
Note: Woman may turn underarm ½ and anchor without extra turn
- 123&4 7 Bk L, rec R acrs L comm RF trn, cont RF trng sd & fwd L/rec R, sd & fwd L
(W fwd R, fwd L trng RF, bk R/cl L fwd R);
- 123&4 8 Trng RF XRIB, fwd L LOD, anchor R/L, R with slight RF trn to take next step to WALL
(W trn RF ½ bk L, bk R, anchor L/R,L slight LF trn to take next step to WALL);

(Cont Part C)

9 - 10 CHEERLEADERS 3 ; , , SD CL ;

- 1&-&3&-& 9-10 Release lead hands XLIF/sd R, tap L heel sd & fwd/small sd L, XRIF/sd L, tap R heel sd & fwd/small sd R;
1&-34 XLIF/sd R, tap L heel sd & fwd, sd L, cl R
(W XRIF/sd L, tap R heel sd & fwd/small sd R, XLIF/sd R, tap L heel sd & fwd/small sd L;
XRIF/sd L, tap R heel sd & fwd, sd R, cl L);

ENDING

1 - 3 SUGAR TOE HEEL CROSSES WITH TUCK & SPIN ENDING ; ; ;

- 12-- 1 Bk L, bk R to firm low BFLY, swiv RF on R tch L to R instep, swiv LF on R tch L heel to sd;
(W fwd R, fwd L to low BFLY, swiv LF on L tch R to L instep, swiv RF on L tch R heel to sd);
1--4 2 XLIF, swiv LF on L tch R toe to L instep, swiv RF on L tch R heel to sd, swiv LF on L XRIF
(W XRIF, swiv RF on R tch L to R instep, swiv LF on R tch L heel to sd, swiv RF on R XLIF);
-23&4 3 Swiv RF on R tch L, fwd L firm lead hands braced at waist lead W to spin RF, anchor R/L, R
(W swiv LF on L tch R with tuck, tng RF fwd R to LOD, cont trng bk anchor L/R, L);

4 - 6 TUMMY WHIP WITH DOUBLE ROCK INTO LUNGE APRT ; ; ;

- 123&4 4 Bk L, rec R acrs L comm RF trn plc R hand on W's R hip, cont RF trn sd L/rec R, sd & fwd L
(W fwd R, fwd L, fwd R/cl L, bk R);
1234 5 Chk fwd R plc R hand on W's bk to chk her motion, rec L lead W fwd , chk bk R plc L hand
on W L hip to stop her fwd motion, rec L trng RF lead W bk
(W chk bk L, rec R, chk fwd L, rec bk R);
123- 6 XRIB trng RF, fwd L join lead hands, trng RF lunge apt R extend trailing arm out
(W bk L, bk R join lead hands, trng LF lunge apt L ext trailing arm out);