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| One Foot Kickin' |  |

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| . |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Dynamite Dot (UK) |
| **Music:** | One Foot Dragging - Band of Oz |
| . |

**WALK/KICK TWICE/BACK ½ TURN LEFT/½ SWEEP TURN LEFT**

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| 1-4 | Walk forward right and left, kick right forward twice |

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| --- | --- |
| 5-6 | Step back right and make ½ turn left stepping forward on left |

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| --- | --- |
| 7-8 | Sweep right toe around ½ turn left - finish with weight on right |

**LEFT & RIGHT SIDE SHUFFLES/WIDE BOOGIE WALKS FORWARD**

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| 1&2-3&4 | Left side shuffle and right side shuffle |

**These are done in Lindy hop style - leading with the hip and traveling only slightly**

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| 5-8 | Travel slightly forward with wide boogie walks, feet apart, left, right, left, right |

**Work elbows back and forward for attitude and styling**

**LEFT SHUFFLE/RIGHT KICK TWICE/WIDE SHIMMY DRAG TRAVELING BACK**

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| 1&2-34 | Left shuffle forward, kick right forward twice |

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| 5&6&7&8 | With feet apart shimmy back paddling on ball of right foot and sliding left |

**Shimmy shoulders and click fingers**

**HEEL BUMP ¼ TURN RIGHT/SWITCH HEELS/JAZZ BOX ½ TURN RIGHT**

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| 1-2 | Bump both heels twice to make ¼ turn right |

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| --- | --- |
| 3&4 | Touch right heel forward and touch left heel forward |

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| --- | --- |
| &5-6-7-8 | Bring left next to right, cross right over left, step back left making ¼ turn right, step right forward making ¼ turn right and step left next to right completing jazz box turn |

**SIDE SWITCHES ¼ TURN LEFT & KICK RIGHT/RIGHT SHUFFLE BACK/½ TURN LEFT/LEFT SHUFFLE FORWARD**

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| --- | --- |
| 1&2&3-4 | Touch right toe to side, switch left toe to side, switch right toe to side, on ball of left foot make ¼ turn left as you kick right forward |

|  |  |
| --- | --- |
| 5&6-7&8 | Right shuffle traveling back, on ball of right make ½ turn left as you begin left shuffle forward |

**RIGHT STOMP HOLD/½ PIVOT RIGHT/TRIPLE ½ RIGHT/¼ TURN RIGHT**

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| --- | --- |
| 1-2 | Stomp right foot forward and hold one count, spread hands out to both sides for styling |

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| --- | --- |
| 3-4 | Step left forward, pivot ½ to right stepping forward on right |

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| --- | --- |
| 5&6 | Triple turn ½ to right on left, right, left |

|  |  |
| --- | --- |
| 7-8 | Make ¼ turn right stepping right to side, bring left next to right with weight on left |

**REPEAT**