Count: 48
Wall: 2
Level: Improver east coast swing
Choreographer: Rick Bates (USA) \& Deborah Bates (USA)
Music: One Foot Dragging - Band of Oz

## CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot
3-4 Kick left foot forward and diagonally to the left twice
5-6 Cross left foot behind right and step; step a $1 / 4$ turn to the right on right foot
7-8 Take a long step forward on left foot; drag right foot up next to left and touch

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HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, MILITARY PIVOT TO THE LEFT
9-10 Hold for two counts
11-12 Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
13&14 Shuffle forward (left, right, left)
15-16 Step forward on right foot; pivot }1/2\mathrm{ turn to the left on ball of right foot and shift weight to left
    foot
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## CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

17-18 Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot
19-20 Kick left foot forward and diagonally to the left twice
21-22 Cross left foot behind right and step; step a $1 / 4$ turn to the right on right foot
23-24 Take a long step forward on left foot; drag right foot up next to left and touch
HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, TO THE LEFT MILITARY PIVOT
25-26 Hold for two counts
27\&28 Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
29\&30 Shuffle forward (left, right, left)
31-32 Step forward on right foot; pivot $1 / 2$ turn to the left on ball of right foot and shift weight to left foot

FORWARD SHUFFLES, TURNING SHUFFLE, ROCK STEP
33\&34 Shuffle forward (right, left, right)
35\&36 Shuffle forward (left, right, left)
37\&38 Shuffle forward (right, left, right) making a $1 / 2$ turn to the left with these steps
39-40 Step back on left foot; rock forward onto right foot in place

## FORWARD WALK, FORWARD SHUFFLE, KICK-BALL-CHANGE, MILITARY PIVOT TO THE LEFT

41-42 Step forward on left foot; step forward on right foot
43\&44 Shuffle forward (left, right, left)
45\&46 Kick right foot forward; step on ball of right foot next to left; change weight to left foot
47-48 Step forward on right foot; pivot $1 / 2$ turn to the left on ball of right foot and shift weight to left foot

REPEAT

