## One Foot Out The Door

Count: 32 Wall: 4 Level: Intermediate
Choreographer: Rafe Andersen (UK) - April 2009
Music: No More - A1

Intro: 36 counts start on vocal
WALK X2, POINT OUT-IN-OUT, WEAVE TO L
1-2 Step $R$ forward, step $L$ forward
3\&4 Point $R$ toe to $R$, touch $R$ toe beside $L$, point $R$ toe to $R$
5\&6\& Step $R$ behind $L$, step $L$ to $L$, cross $R$ over $L$, step $L$ to $L$
7\&8 Step $R$ behind $L$, step $L$ to $L$, cross $R$ over $L$
LUNGE, SAILOR ¼ L, PADDLE $1 / 2$ L, ROCKING CHAIR
1-2 Lunge $L$ to $L$, recover onto $R$
3\&4 Step $L$ behind $R$, step $R$ to $R$, make $1 / 4$ turn $L$ step $L$ forward
5\&6 $\quad$ Make $1 / 4$ turn $L$ point $R$ toe to $R$, make $1 / 4$ turn $L$ hitch $R$ knee, point $R$ toe to $R$
7\&8\& Rock $R$ forward, recover onto $L$, rock $R$ back, recover onto $L$
***Restarts on wall 2
HEEL, HITCH, BACK ROCK, STEP, HEEL SWITCHES, \& STEP, HEEL BOUNCE X2 $1 ⁄ 2$ R
1-2 Touch $R$ heel forward, hitch $R$ knee
3\&4 Rock $R$ back, recover onto $L$, step $R$ forward
5\&6\& Touch $L$ heel forward, step $L$ beside $R$, touch $R$ heel forward, step $R$ beside $L$
7\&8 Step L forward, heel bounce twice making $1 / 2$ turn $R$ (Weight on $L$ )
STEP, TOUCH, HEEL ROCKS, SIDE TOE SWITCHES $1 / 2$ R
1-2 Step $R$ back, touch $L$ toe back
3 Drop $L$ heel down whilst rocking back onto $L$ foot and raising $R$ toes
\& Drop $R$ toes down whilst rocking forward onto $R$ foot and raising $L$ heel
4 Drop $L$ heel down whilst rocking back onto $L$ foot and raising $R$ toes
5\&6\& Point $R$ toe to $R$, make $1 / 4$ turn $R$ step $R$ beside $L$, point $L$ toe to $L$, step $L$ beside $R$
7\&8\& Point $R$ toe to $R$, make $1 / 4$ turn $R$ step $R$ beside $L$, point $L$ toe to $L$, step $L$ beside $R$
REPEAT
RESTARTS
On wall 2, dance to count 16, then restart dance.

