

One Foot Draggin'

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver east coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: One Foot Dragging - Band of Oz



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

- 1-2 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 ¼ 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

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 ½ turn to the left on ball of right foot and shift weight to left foot

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 ¼ 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 ½ 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 ½ 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 ½ turn to the left on ball of right foot and shift weight to left foot

REPEAT