

# One Foot In The Door

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Kirsteen Warren (USA)

Musik: Dance Away Your Blues - Country FM



## **KICK RIGHT, KICK RIGHT, WITH A ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT**

1-2 Kick right foot forward, kick right foot forward again at same time making a ½ turn right  
3&4 Step on right, step on left, step on right, on the spot

## **KICK LEFT, KICK LEFT, WITH A ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT**

5-6 Kick left foot forward, kick left foot forward again at same time make a ½ turn left  
7&8 Step on left, step on right, step on left, on the spot

## **ROCK FORWARD, RIGHT FOOT BACK LEFT FOOT ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT**

9-10 Rock forward on right, rock back on left at same time making ½ turn right  
11&12 Cha-cha-cha on right, left, right, on the spot

## **ROCK FORWARD LEFT FOOT BACK T/RIGHT ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT**

13-14 Rock forward on left, rock back on right at same time making a ½ turn left  
15&16 Cha-cha-cha on left, right, left, on the spot

## **CROSS RIGHT OVER/ STEP LEFT/ CROSS RIGHT BEHIND/ SWING LEFT TO LEFT SIDE**

17-18 Cross right foot over left, left foot step to left  
19-20 Cross right foot behind left foot, swing left foot to left side

## **SWING LEFT ACROSS RIGHT, SWING LEFT TO LEFT SIDE, CROSS LEFT FOOT BEHIND RIGHT FOOT, RIGHT FOOT STEP RIGHT**

21-22 Swing left foot across front of right leg, left bent at knee, swing left leg back out to left side  
23-24 Cross left foot behind right foot, right foot step right

## **CROSS LEFT FOOT OVER RIGHT SWING RIGHT FOOT TO RIGHT FOOT SWING RIGHT FOOT OVER LEFT FOOT SWING RIGHT FOOT TO RIGHT FOOT**

25-26 Cross left foot over right, swing right foot out to right side  
27-28 Swing right foot across & in front of left leg (just below knee) swing right leg out to right side

## **CROSS RIGHT FOOT BEHIND LEFT FOOT, LEFT FOOT STEP LEFT FOOT / CROSS RIGHT FOOT OVER LEFT FOOT UNWIND ¾ LEFT**

29-30 Cross right foot behind left foot, step left foot to left  
31-32 Cross right foot over left foot unwind ¾ turn left (keeping weight on right foot)

## **LEFT FORWARD TRIPLE STEP, RIGHT FORWARD TRIPLE STEP**

33&34 Step forward on left foot, bring right to left, step forward on left  
35&36 Step forward on right foot, bring left to right, step forward on right

## **LEFT FOOT STEP FORWARD, PIVOT ½ RIGHT FOOT, LEFT FORWARD TRIPLE STEP**

37-38 Step forward on left foot, pivot ½ turn right  
39&40 Step forward on left, bring right to left, step forward on left

## **RIGHT FOOT TRIPLE STEP, STEP LEFT FOOT FORWARD PIVOT ½ RIGHT**

41&42 Step forward on right, bring left to right, step forward on right  
43-44 Step forward on left foot pivot ½ turn right

**LEFT FORWARD TRIPLE STEP CROSS RIGHT OVER LEFT UNWIND  $\frac{3}{4}$  LEFT**

45&46 Step forward on left foot, bring right to left, step forward on left

47-48 Cross right foot over left, unwind  $\frac{3}{4}$  turn left, (transfer weight to left foot)

**REPEAT**

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