

# One Foot Out The Door

**COPPER** **NOB**  
BY STEPHEN

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Rafe Andersen (UK) - April 2009

Musik: No More - A1



**Intro: 36 counts start on vocal**

## **WALK X2, POINT OUT-IN-OUT, WEAWE 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 ½ L, ROCKING CHAIR**

- 1-2 Lunge L to L, recover onto R  
3&4 Step L behind R, step R to R, make ¼ turn L step L forward  
5&6 Make ¼ turn L point R toe to R, make ¼ 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 ½ 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 ½ turn R (Weight on L)

## **STEP, TOUCH, HEEL ROCKS, SIDE TOE SWITCHES ½ 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 ¼ turn R step R beside L, point L toe to L, step L beside R  
7&8& Point R toe to R, make ¼ 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.