

# Follow Your Feet

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Novice / Improver

Choreographer: John Dembiec (USA) - February 2018

Music: One Foot - WALK THE MOON



#16 intro, start on vocals

(\*\*Restart – On wall 5, do the 1st 8 counts then restart)

## [1-8] SIDE STEP, SLOW SAILOR, SLOW WEAWE, ¼ TURN

- 1-2 Step L to L, Step R behind L
- 3-4 Step L slightly to L, Step R slightly to R
- 5-6 Step L behind R, Step R to R
- 7-8 Step L over R, Making ¼ turn L step back onto R

## [9-16] WALKS, BACK COASTER, WALKS, TRIPLE FORWARD

- 1-2 Step L back, Step R back
- 3&4 Step L back, Step R next to L, Step L forward
- 5-6 Walk forward R, L
- 7&8 Triple forward R, L, R

## [17-24] TOY SOLDIER WALKS WITH ¼ TURN (See note below)

- &1 Bring L foot up about a foot on the “&” count, Step down onto L on 1
- &2 Bring R foot up about a foot on the “&” count, Step down onto R on 2
- 3-8 Repeat the 1st 2 counts adding ¼ turn to the L after stepping down on count 4

(\*\*Toy soldier walk description: Walk with your knees locked [stiff legged] and Toes pointed up. Think Nutcracker or the queens royal guard. See video demo)

## [25-32] SIDE, HEEL JACK CROSS, ¼ & ½ TURNS, TRIPLE FORWARD

- 1-2& Step L to L, Step R slightly back and behind L, Step L next to R
- 3&4 Touch R heel forward to the right diagonal, Step R next to L, Cross L over R
- 5-6 Making ¼ turn L step R back, Making ½ turn L step R forward
- 7&8 Triple forward R, L, R

**REPEAT AND HAVE FUN !!!!!**

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