

One Foot Kickin

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Anita McNab (CAN)

Musique: One Foot Dragging - Band of Oz



STEP FORWARD RIGHT, STOMP LEFT, KICK LEFT TO LEFT CORNER TWICE

1-4 Step forward on right, stomp left, kick left, kick left

STEP BACK LEFT, DRAG RIGHT, BACK LEFT, TOUCH RIGHT

5-6 Back left, drag right back and step it beside left

7-8 Back left, drag right beside left, touching right toe

FORWARD RIGHT, KICK LEFT, STEP ON LEFT, TOUCH RIGHT BACK

9-10 Step forward on right, kick left forward

11-12 Step back on left, touch right toe back

FORWARD ON RIGHT, PIVOT ¼ TURN LEFT, STOMP RIGHT TWICE

13-14 Step forward on right, pivot ¼ turn to left (step weight onto left)

15-16 Stomp right beside left, twice (weight stays on left foot)

17-32 Repeat steps 1-16

VINE RIGHT WITH TOUCH, KNEES LEFT, RIGHT, LEFT, HITCH LEFT

33-36 Side right, left behind, side right, touch left beside right

37-38 Both knees to left side, knees right (like doing twist)

39-40 Both knees to left side, hitch left, slightly behind right

VINE LEFT WITH TOUCH, KNEES RIGHT, LEFT, RIGHT, HITCH RIGHT

41-44 Step side left, right behind, side left, touch right beside left

45-46 Turn knees to right side, knees left (like doing twist)

47-48 Turn knees to right side, hitch right, slightly behind left

REPEAT
