

# One Foot Perfect

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: John "Growler" Rowell (UK) - May 2018  
音乐: Foot Tapper - The Shadows



Alt. music: 10 Foot Pole by Toby Keith (2 min 50 sec) BPM 84

Intro: Foot Tapper - 0s 16c 10s

Intro: 10 Foot Pole - 3s 32c 14s

Rotation: CCW

Numbers in square brackets [ ] indicate facing wall. Start facing [12]

**[1-8] Right toe – touch, Heel - together, Left toe – together, Right heel strut**

- 1-2                      Touch right toe to right side, touch right foot next to left [12]
- 3-4                      Touch right heel forward, step right next to left [12]
- 5-6                      Touch left toe to left side, step left next to right [12]
- 7-8                      Touch right heel forward, Slap toes down [12]

**[9-16] Left toe – touch, Heel - together, Right toe – together, Left heel strut**

- 1-2                      Touch left toe to left side, touch left foot next to right [12]
- 3-4                      Touch left heel forward, step left next to right [12]
- 5-6                      Touch right toe to right side, step right next to left [12]
- 7-8                      Touch left heel forward, Slap toes down [12]

**[17-24] Right vine quarter brush, Quarter - quarter - step back - touch**

- 1-4                      Step right to right, step left behind right, step right quarter turn right, brush left forward [3]
- 5-6                      Turn quarter right stepping left to left side, turn quarter right stepping right foot back [9]
- 7-8                      Step left foot back, Touch right next to left [9]

**[25-32] Step to right – Swivel left heel, toe, heel, Step to left – Swivel right heel, toe, heel**

- 1-4                      Step right foot to right, swivel left heel, toe, heel towards right foot [9]
- 4-8                      Step left foot to left, swivel right heel, toe, heel towards left foot [9]

Start again.....with a BIG smile

The story behind the dance

I compile the World DJ Dance Chart, and while inputting some data I noticed these two dances next to each other-

“One Foot” by Dan & Addison Albro and “Perfect” by Alison Johnstone & Josh Talbot

So I thought, put the two together and there’s a good title for a dance.

So it was written completely backwards – title first, then the steps and then some music to fit, which had to have “Foot” in the title.

So you do some steps with one foot, which are “perfect” and then do mirror image with other foot, which are invariably “imperfect”

Hope you have as many laughs as our class did learning the dance.

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