

# One Foot Draggin'

**COPPER** **KNOB**  
BY STEPHEN BATES

拍数: 48      墙数: 2      级数: Improver east coast swing  
编舞者: Rick Bates (USA) & Deborah Bates (USA)  
音乐: One Foot Dragging - Band of Oz



## CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

- 1-2            Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot  
3-4            Kick left foot forward and diagonally to the left twice  
5-6            Cross left foot behind right and step; step a ¼ turn to the right on right foot  
7-8            Take a long step forward on left foot; drag right foot up next to left and touch

## HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, MILITARY PIVOT TO THE LEFT

- 9-10            Hold for two counts  
11-12          Kick right foot forward; step back on right foot; hook left foot over and in front of right shin  
13&14          Shuffle forward (left, right, left)  
15-16          Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

## CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

- 17-18          Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot  
19-20          Kick left foot forward and diagonally to the left twice  
21-22          Cross left foot behind right and step; step a ¼ turn to the right on right foot  
23-24          Take a long step forward on left foot; drag right foot up next to left and touch

## HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, TO THE LEFT MILITARY PIVOT

- 25-26            Hold for two counts  
27&28          Kick right foot forward; step back on right foot; hook left foot over and in front of right shin  
29&30          Shuffle forward (left, right, left)  
31-32          Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

## FORWARD SHUFFLES, TURNING SHUFFLE, ROCK STEP

- 33&34          Shuffle forward (right, left, right)  
35&36          Shuffle forward (left, right, left)  
37&38          Shuffle forward (right, left, right) making a ½ turn to the left with these steps  
39-40          Step back on left foot; rock forward onto right foot in place

## FORWARD WALK, FORWARD SHUFFLE, KICK-BALL-CHANGE, MILITARY PIVOT TO THE LEFT

- 41-42          Step forward on left foot; step forward on right foot  
43&44          Shuffle forward (left, right, left)  
45&46          Kick right foot forward; step on ball of right foot next to left; change weight to left foot  
47-48          Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

**REPEAT**