

One Foot Kickin'

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dynamite Dot (UK)
音乐: One Foot Dragging - Band of Oz



WALK/KICK TWICE/BACK ½ TURN LEFT/½ SWEEP TURN LEFT

1-4 Walk forward right and left, kick right forward twice
5-6 Step back right and make ½ turn left stepping forward on left
7-8 Sweep right toe around ½ turn left - finish with weight on right

LEFT & RIGHT SIDE SHUFFLES/WIDE BOOGIE WALKS FORWARD

1&2-3&4 Left side shuffle and right side shuffle
These are done in Lindy hop style - leading with the hip and traveling only slightly
5-8 Travel slightly forward with wide boogie walks, feet apart, left, right, left, right
Work elbows back and forward for attitude and styling

LEFT SHUFFLE/RIGHT KICK TWICE/WIDE SHIMMY DRAG TRAVELING BACK

1&2-3&4 Left shuffle forward, kick right forward twice
5&6&7&8 With feet apart shimmy back paddling on ball of right foot and sliding left
Shimmy shoulders and click fingers

HEEL BUMP ¼ TURN RIGHT/SWITCH HEELS/JAZZ BOX ½ TURN RIGHT

1-2 Bump both heels twice to make ¼ turn right
3&4 Touch right heel forward and touch left heel forward
&5-6-7-8 Bring left next to right, cross right over left, step back left making ¼ turn right, step right forward making ¼ turn right and step left next to right completing jazz box turn

SIDE SWITCHES ¼ TURN LEFT & KICK RIGHT/RIGHT SHUFFLE BACK/½ TURN LEFT/LEFT SHUFFLE FORWARD

1&2&3-4 Touch right toe to side, switch left toe to side, switch right toe to side, on ball of left foot make ¼ turn left as you kick right forward
5&6-7&8 Right shuffle traveling back, on ball of right make ½ turn left as you begin left shuffle forward

RIGHT STOMP HOLD/½ PIVOT RIGHT/TRIPLE ½ RIGHT/¼ TURN RIGHT

1-2 Stomp right foot forward and hold one count, spread hands out to both sides for styling
3-4 Step left forward, pivot ½ to right stepping forward on right
5&6 Triple turn ½ to right on left, right, left
7-8 Make ¼ turn right stepping right to side, bring left next to right with weight on left

REPEAT
