

# Steppin'

拍数: 32      墙数: 2      级数: Improver  
编舞者: Lana Harvey (USA)  
音乐: One Foot In Front of the Other - Lee Roy Parnell



## STOMP, HOLD, STOMP, HOLD, DIAGONAL BALL CHANGE, SLIDE, STEP, ¼ PIVOT HOOK

- 1-2            Stomp on left directly in front of right. Hold.  
3-4            Stomp on right directly in front of left. Hold.  
&5            Step ball of left foot back on a 45 angle to left. Step right forward on 45 angle to right.  
**You are facing 45 right, left back, right forward.**  
6              Slide left forward to just behind the right heel. Weight is on left  
7              Step forward, 45 right, with right.  
8              Pivot ¼ to left of starting position on ball of right foot and bring left across right in a hook.  
**You are now facing 9:00**

## STEP, ½ PIVOT LEFT, SCUFF, HEEL-TOE FORWARD, TOE-HEEL BACK

- 9              Step forward on left  
10             Step forward on ball of right  
11             Pivot ½ turn left on ball of left foot ending with weight on left.  
12             Scuff right heel forward.  
13             Rocking body a little forward, step forward on right heel.  
14             Drop right toe.  
15             Leaving left behind right, step down on left toe straightening body back up.  
16             Drop left heel .

## BOX FORWARD RIGHT, HOLD, BOX FORWARD LEFT, HOLD

- 17             Step right back directly across from and a little to the right of the left foot.  
18             Step left next to right.  
19-20         Step forward on right. Hold.  
21             Step left forward directly across from and a little left of the right. Foot.  
22             Step right next to left.  
23-24         Step left forward. Hold.

## STOMP, HOLD, STOMP BEHIND, HOLD, BACK, CLOSE, FAN, ¼ TURN/SCUFF

- 25-26         Stomp on right directly in front of left. Hold.  
27-28         Stomp on left directly behind right. Hold.  
29             Step back on right  
30             Step left next to right  
31             Fan right toes to right, shifting weight to right.  
32             Making ¼ turn to right, scuff left forward.

## REPEAT

If you wish to make the dance pattern exactly to the music (so the first 4 counts always go with the word "One step in front of the other" & on the chorus), add the following after the first four dance patterns:

### 16 COUNT BONUS

- 1-2            Step forward on left directly in front of right. Hold.  
3-4            Step forward on right directly in front of left. Hold.  
5-6            Step on left directly behind right. Hold.  
7-8            Step back on right directly behind left. Hold.  
9-16          Repeat these 8 counts once more.

There is an extra 8 count late in the song but it is in the last part which is all instrumental anyway. If you wish you could add the first 8 of the Bonus pattern after the 14th dance sequence. It is not really necessary, but if

you want to keep counting sequences to 14...

---