

# One Foot

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Addison Albro (USA) & Dan Albro (USA) - February 2018  
音樂: One Foot - WALK THE MOON



Intro: 16 count Intro, \* 1 Tag/Restart

**[1-8] STOMP, STOMP, HOLD(CLAP), SHUFFLE FWD, FWD MAMBO, SHUFFLE ½ TURN**

1&2            Stomp fwd R, stomp fwd R(weight on R), hold clapping hands  
3&4            Step fwd L, step R next to L, step fwd L  
5&6            Step fwd R, step L next to R, step back R  
7&8            Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L 6:00

\* On wall 5 (facing 12:00) replace counts 7&8 of the first eight count with a coaster step;  
Step back L, step R next to L, step fwd L. Then restart from the beginning.

**[9-16] SHUFFLE ½ TURN, COASTER STEP, KICK, OUT, OUT, 3 HIP BUMPS**

1&2            Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R 12:00  
3&4,5&6        Step back L, step R next to L, step fwd L, kick R fwd, step side R, step side L  
7&8            Bump hips right weight on R, bump hips left weight on L, bump hips right weight on R

**[17-24] WEAVE, ¼ TURN ROCK, REPLACE, ½ TURN STEP, STEP, LOCK, STEP, STEP, LOCK, STEP**

1&2&            Step side L, step R behind L, step side L, cross R over L  
3&4            Turn ¼ left rocking fwd L, replace weight on R, turn ½ left stepping fwd L 3:00  
5&6            Step fwd R, lock step L behind R, step fwd R  
7&8            Step fwd L, lock step R behind L, step fwd L

**[25-32] JAZZ BOX, STEP ½ PIVOT, HEEL & HEEL &**

1,2,3,4        Cross R over L, small step back on L, step side R, step fwd L  
5,6            Step fwd R, pivot ½ left weight on L  
7&8&        Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

Last Update – 9th Feb. 2018