

# Put One Foot in Front of the Other

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Rhonda Johnson (CAN) - November 2023  
音樂: Put One Foot in Front of the Other from the soundtrack to Santa Claus is Coming to Town



Comments: The tag corresponds to a dramatic change in tempo @ 2:10 –  
The lyrics tell you what to do! Even first time dancers have a lot of fun with this dance. Enjoy!

## [1-8] Section 1: Walk Forward, Kick, Walk Back x 2, Triple Step

1,2,3,4      Walk forward (R,L,R) kick L  
5,6,7&8      Walk back (L,R), triple step (L,R,L)

## [9-16] Section 2: Walk Forward, Kick, Walk Back x 3, Touch

1,2,3,4      Walk forward (R,L,R) kick L  
5,6,7,8      Walk back (L,R,L), touch R

## [17-24] Section 3: Repeat Section 1

1,2,3,4      Walk forward (R,L,R) kick L  
5,6,7&8      Walk back (L,R), triple step (L,R,L)

## [25-32] Section 4: Jazz Box ¼ Turn x 2

1,2,3,4      Cross R over L, step back on L, step R ¼ turn, step L together  
5,6,7,8      Cross R over L, step back on L, step R ¼ turn, step L together

Tag: On wall 7, facing 12:00, there is a dramatic change in tempo for 32 counts. Do the following steps as a tag. The rhythm is irregular but can be broken down as follows – it's slow and easy to follow. You can then restart the dance. If you add two additional ¼ turn jazz boxes at the end you will finish facing 12 o'clock. Have fun!

## Tag Section 1: Cross forward, hold, Cross forward, hold, Rock forward

1,2,3      Cross R in front of L, hold for two counts  
4,5,6      Cross L in front of R, hold for two counts  
7,8      Rock forward on R, recover on L

## Tag Section 2: Cross behind, hold, Cross behind, hold, Teeter

1,2,3      Step R behind L, hold for two counts  
4,5,6      Step L behind R, hold for two counts  
7&8      Holding your position, and with arms outstretched, tilt body to left, right, left

## Tag Section 3: Repeat Section 1 of tag

1,2,3      Cross R in front of L, hold for two counts  
4,5,6      Cross L in front of R, hold for two counts  
7,8      Rock forward on R, recover on L

## Tag Section 4: Full turn walk around for 8 counts

1-8      Over your right shoulder, walk around in a full circle for 8 counts