

# One Foot

拍數: 32      牆數: 4      級數: Improver  
編舞者: The Buffalo Girls  
音樂: One Foot In Front of the Other - Lee Roy Parnell



## ROCK STEPS, HOLD

- 1-4      Rock step forward onto right heel (toes up), step back with left foot, step back with right foot, hold (weight on right)  
5-8      Rock step forward onto left heel (toes up), step back with right foot, step back with left foot, hold (weight on left)

## STEP BACK, BACK, ¼ TURN

- 9-10      Step back with right foot, step back with left foot  
11-12      Step back ½ turn right with right foot, step forward ¼ turn right with left foot

## STEP, ¼ PIVOT, STOMP, HOLD

- 13      Step lightly forward with right heel (toes up and pointing toward left foot)  
14      Pivot ¼ turn right on heel of right foot and drop toes  
15-16      Stomp next to right foot with left foot, hold (weight on left)

## FORWARD CROSS STEPS

- 17-18      Step forward with right foot, cross step left foot behind right foot  
19      Step forward with right foot, cross step left foot behind right foot

## STEP FORWARD, SCUFF

- 21-22      Step forward with right foot, scuff forward with left heel  
23-24      Step forward with left foot, scuff forward with right heel

## STEP FORWARD, ROCK BACK, ¼ TURN, CROSS STEP

- 25-26      Step forward with right foot, rock back onto left foot  
27-28      Step back ¼ turn right with right foot, cross left foot in front of right foot

## ¼, ¼, ½ ROLLING TURN, STEP

- 29-30      Step right into ¼ turn left with right foot, step back ¼ turn left with left foot  
31-32      Step ½ turn left with right foot, step back with left foot (really travel with this turn)

## REPEAT

There are two tag sequences (each performed only once) in this dance. By listening to the music first, you will find it easy to find where these tags occur.

The first tag is 16 counts and occurs during the first instrumental (piano) break. You will be facing your beginning (5th) wall. During this break, perform the first 16 counts and then begin the dance again.

The second tag is 8 counts and occurs toward the end of the song. The tag is performed following a 32 count sequence which begins with the phrase "Hittin' that Stride One Foot In Front of The Other", repeated once, and ends when all instruments drop out except for the guitar and drums. That is where (facing 6 o'clock) you perform the first 8 counts and then begin the dance again.