

# One Foot Kickin'

**COPPER KNOB**  
STYLEDANCE

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Dynamite Dot (UK)  
音樂: 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**

---