One Foot Kickin'

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&2-34	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