

# One Foot Kickin

**COPPER** KNOB  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Improver  
編舞者: Anita McNab (CAN)  
音樂: One Foot Dragging - Band of Oz



---

## STEP FORWARD RIGHT, STOMP LEFT, KICK LEFT TO LEFT CORNER TWICE

1-4                      Step forward on right, stomp left, kick left, kick left

## STEP BACK LEFT, DRAG RIGHT, BACK LEFT, TOUCH RIGHT

5-6                      Back left, drag right back and step it beside left

7-8                      Back left, drag right beside left, touching right toe

## FORWARD RIGHT, KICK LEFT, STEP ON LEFT, TOUCH RIGHT BACK

9-10                      Step forward on right, kick left forward

11-12                      Step back on left, touch right toe back

## FORWARD ON RIGHT, PIVOT ¼ TURN LEFT, STOMP RIGHT TWICE

13-14                      Step forward on right, pivot ¼ turn to left (step weight onto left)

15-16                      Stomp right beside left, twice (weight stays on left foot)

17-32                      Repeat steps 1-16

## VINE RIGHT WITH TOUCH, KNEES LEFT, RIGHT, LEFT, HITCH LEFT

33-36                      Side right, left behind, side right, touch left beside right

37-38                      Both knees to left side, knees right (like doing twist)

39-40                      Both knees to left side, hitch left, slightly behind right

## VINE LEFT WITH TOUCH, KNEES RIGHT, LEFT, RIGHT, HITCH RIGHT

41-44                      Step side left, right behind, side left, touch right beside left

45-46                      Turn knees to right side, knees left (like doing twist)

47-48                      Turn knees to right side, hitch right, slightly behind left

**REPEAT**

---