

# One Foot Out The Door

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Rafe Andersen (UK) - April 2009  
音樂: No More - A1



Intro: 36 counts start on vocal

## WALK X2, POINT OUT-IN-OUT, WEAWE TO L

1-2            Step R forward, step L forward  
3&4            Point R toe to R, touch R toe beside L, point R toe to R  
5&6&          Step R behind L, step L to L, cross R over L, step L to L  
7&8            Step R behind L, step L to L, cross R over L

## LUNGE, SAILOR ¼ L, PADDLE ½ L, ROCKING CHAIR

1-2            Lunge L to L, recover onto R  
3&4            Step L behind R, step R to R, make ¼ turn L step L forward  
5&6            Make ¼ turn L point R toe to R, make ¼ turn L hitch R knee, point R toe to R  
7&8&          Rock R forward, recover onto L, rock R back, recover onto L

\*\*\*Restarts on wall 2

## HEEL, HITCH, BACK ROCK, STEP, HEEL SWITCHES, & STEP, HEEL BOUNCE X2 ½ R

1-2            Touch R heel forward, hitch R knee  
3&4            Rock R back, recover onto L, step R forward  
5&6&          Touch L heel forward, step L beside R, touch R heel forward, step R beside L  
7&8            Step L forward, heel bounce twice making ½ turn R (Weight on L)

## STEP, TOUCH, HEEL ROCKS, SIDE TOE SWITCHES ½ R

1-2            Step R back, touch L toe back  
3              Drop L heel down whilst rocking back onto L foot and raising R toes  
&              Drop R toes down whilst rocking forward onto R foot and raising L heel  
4              Drop L heel down whilst rocking back onto L foot and raising R toes  
5&6&          Point R toe to R, make ¼ turn R step R beside L, point L toe to L, step L beside R  
7&8&          Point R toe to R, make ¼ turn R step R beside L, point L toe to L, step L beside R

REPEAT

## RESTARTS

On wall 2, dance to count 16, then restart dance.