

One Foot Draggin'

48 Count, 2 Wall, Beginner/Intermediate level
Choreographer: Rick & Deborah Bates (USA) Jan 06
Choreographed To: One Foot Dragging by Band Of
Oz, CD: Red Hot Dancin' (134 bpm)

Crossover Toe/Heel Strut, Double Kick, Behind, Side Step With ¼ Turn, Forward Lunge, Drag

- 1-2 Step to the left on toes of right foot, crossing in front of left foot, step down on heel of right foot
3-4 Kick left foot forward and diagonally to the left twice
5-6 Cross left foot behind right and step; step a ¼ turn to the right on right foot
7-8 Take a long step forward on left foot; drag right foot up next to left and touch

Holds, Kick-Step-Hook, Forward Shuffle, Military Pivot To The Left

- 9-10 Hold for two counts
11-12 Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
13&14 Shuffle forward (left, right, left)
15-16 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

Crossover Toe/Heel Strut, Double Kick, Behind, Side Step With ¼ Turn, Forward Lunge, Drag

- 17-18 Step to the left on toes of right foot, crossing in front of left foot; step down on heel of right foot
19-20 Kick left foot forward and diagonally to the left twice
21-22 Cross left foot behind right and step; step a ¼ turn to the right on right foot
23-24 Take a long step forward on left foot; drag right foot up next to left and touch

Holds, Kick-Step-Hook, Forward Shuffle, To The Left Military Pivot

- 25-26 Hold for two counts
27&28 Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
29&30 Shuffle forward (left, right, left)
31-32 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

Forward Shuffles, Turning Shuffle, Rock Step

- 33&34 Shuffle forward (right, left, right)
35&36 Shuffle forward (left, right, left)
37&38 Shuffle forward (right, left, right) making a ½ turn to the left with these steps
39-40 Step back on left foot; rock forward onto right foot in place

Forward Walk, Forward Shuffle, Kick-Ball-Change, Military Pivot To The Left

- 41-42 Step forward on left foot; step forward on right foot
43&44 Shuffle forward (left, right, left)
45&46 Kick right foot forward; step on ball of right foot next to left, change weight to left foot
47-48 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot
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