

One Foot In The Door

48 count, 2 wall, beginner level

Choreographer: Kirsteen Warren (USA) 2000

Choreographed to: Dance Away Your Blues by

Country FM; Lifetime To Prove by BR5-49;

Louise by The Ryes

KICK RIGHT, KICK RIGHT, WITH A ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT

1-2 Kick right foot forward, kick right foot forward again at same time making a ½ turn right

3&4 Step on right, step on left, step on right, on the spot

KICK LEFT, KICK LEFT, WITH A ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT

5-6 Kick left foot forward, kick left foot forward again at same time make a ½ turn left

7&8 Step on left, step on right, step on left, on the spot

ROCK FORWARD, RIGHT FOOT BACK LEFT FOOT ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT

9-10 Rock forward on right, rock back on left at same time making ½ turn right

11&12 Cha-cha-cha on right, left, right, on the spot

ROCK FORWARD LEFT FOOT BACK T/RIGHT ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT

13-14 Rock forward on left, rock back on right at same time making a ½ turn left

15&16 Cha-cha-cha on left, right, left, on the spot

CROSS RIGHT OVER/ STEP LEFT/ CROSS RIGHT BEHIND/ SWING LEFT TO LEFT SIDE

17-18 Cross right foot over left, left foot step to left

19-20 Cross right foot behind left foot, swing left foot to left side

SWING LEFT ACROSS RIGHT, SWING LEFT TO LEFT SIDE, CROSS LEFT FOOT BEHIND RIGHT FOOT, RIGHT FOOT STEP RIGHT

21-22 Swing left foot across front of right leg, left bent at knee, swing left leg back out to left side

23-24 Cross left foot behind right foot, right foot step right

CROSS LEFT FOOT OVER RIGHT SWING RIGHT FOOT TO RIGHT FOOT SWING RIGHT FOOT OVER LEFT FOOT SWING RIGHT FOOT TO RIGHT FOOT

25-26 Cross left foot over right, swing right foot out to right side

27-28 Swing right foot across & in front of left leg (just below knee) swing right leg out to right side

CROSS RIGHT FOOT BEHIND LEFT FOOT, LEFT FOOT STEP LEFT FOOT / CROSS RIGHT FOOT OVER LEFT FOOT UNWIND ¾ LEFT

29-30 Cross right foot behind left foot, step left foot to left

31-32 Cross right foot over left foot unwind ¾ turn left (keeping weight on right foot)

LEFT FORWARD TRIPLE STEP, RIGHT FORWARD TRIPLE STEP

33&34 Step forward on left foot, bring right to left, step forward on left

35&36 Step forward on right foot, bring left to right, step forward on right

LEFT FOOT STEP FORWARD, PIVOT ½ RIGHT FOOT, LEFT FORWARD TRIPLE STEP

37-38 Step forward on left foot, pivot ½ turn right

39&40 Step forward on left, bring right to left, step forward on left

RIGHT FOOT TRIPLE STEP, STEP LEFT FOOT FORWARD PIVOT ½ RIGHT

41&42 Step forward on right, bring left to right, step forward on right

43-44 Step forward on left foot pivot ½ turn right

LEFT FORWARD TRIPLE STEP CROSS RIGHT OVER LEFT UNWIND ¾ LEFT

45&46 Step forward on left foot, bring right to left, step forward on left

47-48 Cross right foot over left, unwind ¾ turn left, (transfer weight to left foot)
