



One Foot In Front Of The Other

32 Count 4 Wall Absolute Beginner Level Dance.
Choreographed by: Daniel Exton (UK) Oct 2024
Choreographed to: Take The First Step by Stuckweed
Intro: 32 Counts. Start at approx 22 secs.

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SEC 1 WALK X3, TOUCH, BACK X3, TOUCH

- 1-2 Walk forward Right, Left
- 3-4 Walk forward Right, Touch Left to Left side
- 5-6 Walk Back Left, Right
- 7-8 Walk back Left, Touch Right next to Left

SEC 2 SIDE, TOGETHER, SIDE, CLAP, SIDE, TOGETHER, SIDE, CLAP

- 1-2 Right to Right side, Left next to Right
- 3-4 Right to Right side, Clap hands (Weight on R)
- 5-6 Left to Left side, Right next to Left
- 7-8 Left to Left side, Clap hands (Weight on L)

SEC 3 SLOW MAMBO, HOLD, SLOW COASTER, HOLD

- 1-2 Rock forward on Right foot, Recover onto Left
- 3-4 Step back on Right, Hold
- 5-6 Step back on Left, Step back on Right
- 7-8 Step forward on Left, Hold

SEC 4 VINE TOUCH, VINE ¼ TOUCH

- 1-2 Right to Right side, Left behind Right
- 3-4 Right to Right side, Touch Left next to Right
- 5-6 Left to Left side, Right behind Left
- 7-8 Left to Left side with ¼ turn Left, Touch Right next to Left (9:00)

