

ONE FOOT KICKIN'

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Dynamite Dot

Music: One Foot Dragging by Band Of Oz

WALK/KICK TWICE/BACK ½ TURN LEFT/½ SWEEP TURN LEFT

- 1-4** Walk forward right and left, kick right forward twice
- 5-6** Step back right and make ½ turn left stepping forward on left
- 7-8** Sweep right toe around ½ turn left - finish with weight on right

LEFT & RIGHT SIDE SHUFFLES/WIDE BOOGIE WALKS FORWARD

- 1&2-3&4** Left side shuffle and right side shuffle

These are done in Lindy hop style - leading with the hip and traveling only slightly

- 5-8** Travel slightly forward with wide boogie walks, feet apart, left, right, left, right

Work elbows back and forward for attitude and styling

LEFT SHUFFLE/RIGHT KICK TWICE/WIDE SHIMMY DRAG TRAVELING BACK

- 1&2-3&4** Left shuffle forward, kick right forward twice
- 5&6&7&8** With feet apart shimmy back paddling on ball of right foot and sliding left

Shimmy shoulders and click fingers

HEEL BUMP ¼ TURN RIGHT/SWITCH HEELS/JAZZ BOX ½ TURN RIGHT

- 1-2** Bump both heels twice to make ¼ turn right
- 3&4** Touch right heel forward and touch left heel forward
- &5-6-7-8** Bring left next to right, cross right over left, step back left making ¼ turn right, step right forward making ¼ turn right and step left next to right completing jazz box turn

SIDE SWITCHES ¼ TURN LEFT & KICK RIGHT/RIGHT SHUFFLE BACK/½ TURN LEFT/LEFT SHUFFLE FORWARD

- 1&2&3-4** Touch right toe to side, switch left toe to side, switch right toe to side, on ball of left foot make ¼ turn left as you kick right forward

5&6-7&8 Right shuffle traveling back, on ball of right make $\frac{1}{2}$ turn left as you begin left shuffle forward

RIGHT STOMP HOLD/ $\frac{1}{2}$ PIVOT RIGHT/TRIPLE $\frac{1}{2}$ RIGHT/ $\frac{1}{4}$ TURN RIGHT

1-2 Stomp right foot forward and hold one count, spread hands out to both sides for styling

3-4 Step left forward, pivot $\frac{1}{2}$ to right stepping forward on right

5&6 Triple turn $\frac{1}{2}$ to right on left, right, left

7-8 Make $\frac{1}{4}$ turn right stepping right to side, bring left next to right with weight on left

REPEAT