

One Foot Out The Door (□□□□)

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Rafe Andersen (Apr 09)

Music: No More by A1

□□□ **Intro: 36 counts start on vocal**

□□□

Walk X2, Point Out-In-Out,

Weave 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 1/4 L, Paddle

1/2 L, Rocking Chair

□□□ , 1/4□□□ , □ 1/4□□□□□ , □□□

1-2

Lunge L to L, recover onto R □□□□□ , □□□□

3&4

Step L behind R, step R to R, make 1/4 turn L step L

forward

□□□□□□ , □□□□ , □□ 90□□□□□

5&6

Make 1/4 turn L point R toe to R, make 1/4 turn L hitch R

knee, point R toe to R □□ 90□□□□□ , □□ 90□□□□□ , □□□□□

7&8&

Rock R forward, recover onto L, rock R back, recover

onto L

□□□□□ , □□□□ , □□□□□ , □□□□

RESTARTS: On wall 2, dance to count 16, then restart

dance.

□□□□□□ , □□□□

□□□

Heel, Hitch, Back Rock,

Step, Heel Switches, & Step, Heel Bounce X2 1/2 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)

□□□□ , □□□□□□ **180°** (□□□□□□)

□□□

Step, Touch, Heel Rocks,

Side Toe Switches ½ R

□□ □□ , □□□□□□ , □□□□ **1/2**□□

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 □□□□ , □□ 90□□□□ , □□□□ , □□□□

7&8&

Point R toe to R, make ¼ turn R step R beside L, point

L toe to L, step L beside R □□□□ , □□ 90□□□□ , □□□□ , □□□□