

One Foot Out The Door

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Rafe Andersen (rafe_andersen@yahoo.com)

Music: "No More" by A1

Intro: 36 counts start on vocal

WALK X2, POINT OUT-IN-OUT, WEAWE 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 ¼ L, PADDLE ½ L, ROCKING CHAIR

- 1-2 Lunge L to L, recover onto R
- 3&4 Step L behind R, step R to R, make ¼ turn L step L forward
- 5&6 Make ¼ turn L point R toe to R, make ¼ turn L hitch R knee, point R toe to R
- 7&8& Rock R forward, recover onto L, rock R back, recover onto L

*****Restarts on wall 2**

HEEL, HITCH, BACK ROCK, STEP, HEEL SWITCHES, & STEP, HEEL BOUNCE X2 ½ 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)

STEP, TOUCH, HEEL ROCKS, SIDE TOE SWITCHES ½ R

- 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

7&8& Point R toe to R, make $\frac{1}{4}$ turn R step R beside L, point L toe to L, step L beside R

REPEAT

RESTARTS

On wall 2, dance to count 16, then restart dance.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=77520