

ONE FOOT DRAGGIN'

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Count: 48

Wall: 2

Level: beginner/intermediate east coast swing

Choreographer: Rick & Deborah Bates

Music: One Foot Dragging by Band Of Oz

CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

- 1-2** Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot
- 3-4** Kick left foot forward and diagonally to the left twice
- 5-6** Cross left foot behind right and step; step a ¼ turn to the right on right foot
- 7-8** Take a long step forward on left foot; drag right foot up next to left and touch

HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, MILITARY PIVOT TO THE LEFT

- 9-10** Hold for two counts
- 11-12** Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
- 13&14** Shuffle forward (left, right, left)
- 15-16** Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

CROSSOVER TOE/HEEL STRUT, DOUBLE KICK, BEHIND, SIDE STEP WITH ¼ TURN, FORWARD LUNGE, DRAG

- 17-18** Step to the left on toes of right foot, crossing in front of left foot; step down onto heel of right foot
- 19-20** Kick left foot forward and diagonally to the left twice
- 21-22** Cross left foot behind right and step; step a ¼ turn to the right on right foot
- 23-24** Take a long step forward on left foot; drag right foot up next to left and touch

HOLDS, KICK-STEP-HOOK, FORWARD SHUFFLE, TO THE LEFT MILITARY PIVOT

- 25-26** Hold for two counts
- 27&28** Kick right foot forward; step back on right foot; hook left foot over and in front of right shin
- 29&30** Shuffle forward (left, right, left)

31-32 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

FORWARD SHUFFLES, TURNING SHUFFLE, ROCK STEP

33&34 Shuffle forward (right, left, right)

35&36 Shuffle forward (left, right, left)

37&38 Shuffle forward (right, left, right) making a ½ turn to the left with these steps

39-40 Step back on left foot; rock forward onto right foot in place

FORWARD WALK, FORWARD SHUFFLE, KICK-BALL-CHANGE, MILITARY PIVOT TO THE LEFT

41-42 Step forward on left foot; step forward on right foot

43&44 Shuffle forward (left, right, left)

45&46 Kick right foot forward; step on ball of right foot next to left; change weight to left foot

47-48 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

REPEAT