

# ONE FOOT IN THE DOOR

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**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Kirsteen Warren

**Music:** Dance Away Your Blues by Country FM

## **KICK RIGHT, KICK RIGHT, WITH A ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT**

**1-2** Kick right foot forward, kick right foot forward again at same time making a ½ turn right

**3&4** Step on right, step on left, step on right, on the spot

## **KICK LEFT, KICK LEFT, WITH A ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT**

**5-6** Kick left foot forward, kick left foot forward again at same time make a ½ turn left

**7&8** Step on left, step on right, step on left, on the spot

## **ROCK FORWARD, RIGHT FOOT BACK LEFT FOOT ½ TURN RIGHT, CHA-CHA-CHA ON RIGHT, LEFT, RIGHT**

**9-10** Rock forward on right, rock back on left at same time making ½ turn right

**11&12** Cha-cha-cha on right, left, right, on the spot

## **ROCK FORWARD LEFT FOOT BACK T/RIGHT ½ TURN LEFT, CHA-CHA-CHA ON LEFT, RIGHT, LEFT**

**13-14** Rock forward on left, rock back on right at same time making a ½ turn left

**15&16** Cha-cha-cha on left, right, left, on the spot

## **CROSS RIGHT OVER/ STEP LEFT/ CROSS RIGHT BEHIND/ SWING LEFT TO LEFT SIDE**

**17-18** Cross right foot over left, left foot step to left

**19-20** Cross right foot behind left foot, swing left foot to left side

## **SWING LEFT ACROSS RIGHT, SWING LEFT TO LEFT SIDE, CROSS LEFT FOOT BEHIND RIGHT FOOT, RIGHT FOOT STEP RIGHT**

**21-22** Swing left foot across front of right leg, left bent at knee, swing left leg back out to left side

**23-24** Cross left foot behind right foot, right foot step right

## **CROSS LEFT FOOT OVER RIGHT SWING RIGHT FOOT TO RIGHT FOOT SWING RIGHT FOOT OVER LEFT FOOT SWING RIGHT FOOT TO RIGHT FOOT**

**25-26** Cross left foot over right, swing right foot out to right side

**27-28** Swing right foot across & in front of left leg (just below knee) swing right leg out to right side

**CROSS RIGHT FOOT BEHIND LEFT FOOT, LEFT FOOT STEP LEFT FOOT / CROSS RIGHT FOOT OVER LEFT FOOT UNWIND  $\frac{3}{4}$  LEFT**

**29-30** Cross right foot behind left foot, step left foot to left

**31-32** Cross right foot over left foot unwind  $\frac{3}{4}$  turn left (keeping weight on right foot)

**LEFT FORWARD TRIPLE STEP, RIGHT FORWARD TRIPLE STEP**

**33&34** Step forward on left foot, bring right to left, step forward on left

**35&36** Step forward on right foot, bring left to right, step forward on right

**LEFT FOOT STEP FORWARD, PIVOT  $\frac{1}{2}$  RIGHT FOOT, LEFT FORWARD TRIPLE STEP**

**37-38** Step forward on left foot, pivot  $\frac{1}{2}$  turn right

**39&40** Step forward on left, bring right to left, step forward on left

**RIGHT FOOT TRIPLE STEP, STEP LEFT FOOT FORWARD PIVOT  $\frac{1}{2}$  RIGHT**

**41&42** Step forward on right, bring left to right, step forward on right

**43-44** Step forward on left foot pivot  $\frac{1}{2}$  turn right

**LEFT FORWARD TRIPLE STEP CROSS RIGHT OVER LEFT UNWIND  $\frac{3}{4}$  LEFT**

**45&46** Step forward on left foot, bring right to left, step forward on left

**47-48** Cross right foot over left, unwind  $\frac{3}{4}$  turn left, (transfer weight to left foot)

**REPEAT**