

# “ONE FOOT DRAGGIN’ ”

Choreographed by: Rick & Deborah Bates  
Description: Two Wall Line Dance - 48 Counts  
Music: “One Foot Dragging “ by Band Of Oz

## Crossover Toe/Heel Strut, Double Kick, Behind, Side Step with 1/4 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 1/4 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, CCW Military Pivot

- 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 1/2 turn CCW on ball of Right foot and shift weight to LEFT foot

## Crossover Toe/Heel Strut, Double Kick, Behind, Side Step with 1/4 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 1/4 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, CCW 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 1/2 turn CCW 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 1/2 turn CCW with these steps
- 39 - 40 Step back on LEFT foot; Rock forward onto RIGHT foot in place

## Forward Walk, Forward Shuffle, Kick-Ball-Change, CCW Military Pivot

- 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 1/2 turn CCW on ball of Right foot and shift weight to LEFT foot

**REPEAT**