



# COUNTRY CLUB DANCERS



## One Foot Draggin'

Choreographed by Rick & Deborah Bates

Dance Taught By: Paul  
Hergert for the Country Club  
Dancers 9-17-07

Description: 48 count, 2 wall, beginner/intermediate east coast swing line dance

Music: **One Foot Dragging** by Band Of Oz [134 bpm / CD: [Red Hot Dancin'](#)]

### **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**

**ONE FOOT DRAGGIN'**  
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