

One Foot

Artist: Walk the Moon / i-Tunes download / Time 4:21

Level: Easy / Genre: Alt / Moderate speed

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Sequence: A B C D Break A B C D Bridge B C D Ending

Wait 16 Beats, begin with left foot lead

Part A (32 beats)

(4) Break DS DS(xif)/BRK(ib) (P) S R S
L R L L R L
&1 &2 & 3 & 4

(4) Triple DS DS DS RS
R L R LR
&1 &2 &3 &4

(8) 2 Rocking Chairs DS BR(1/4 L) Hclk DS RS
Turn 1/4 L each L R L R LR
&1 & 2 &3 &4

Repeat the above 16 beats using same footwork

Part B (32 beats)

(8) Cowboy DS(f) DS(f) DS(f) BR(turn 1/2 L) H(clk) DS(xif) R(b)S R(b)S R(b)S
(turn 1/2 L) L R L R L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

(4) Charleston Brush DS TTCH(if) Hclk TTCH(ib) Hclk BR Hclk
L R L R L R L
&1 & 2 & 3 & 4

(4) Slur Basic DS Slur(xib) S(ib) DS RS
R L L R LR
&1 & 2 &3 &4

Repeat the above 16 beats using same footwork

Part C (32 Beats)

(8) Double Cross DT BO(ots) BO(L xib)(R xif) BO(ots) (P) S RS DS RS DS RS
L Both Both Both R LR L RL R RL
& 1 & 2 & 3 &4 &5 &6 &7 &8

(8) 2 Outhouses DS TTCH(ots) Hclk TTCH(xif) Hclk TTCH(ots) Hclk
L R L R L R L
&1 & 2 & 3 & 4

(4) Travelling Shoes DS(turn 1/4 L) H(w)svl S H(w)svl S H(w)svl S
Turn 1/4 L L R L R L R L
&1 & 2 & 3 & 4

(4) Triple (turn 1/4 L)

Repeat the last 8 beats [Traveling Shoes (1/4 L) and Triple (1/4 L)] using same footwork

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Part D (32 Beats)

(4) 4 Toe Heels TH(f) TH(f) TH(f) TH(f)
(Moving forward) L R L R
&1 &2 &3 &4

(4) Walk the Dog DS DS H(w)(turn ¼ L) H(w) RS
Turn 1/4 L L R L R LR
&1 &2 & 3 &4

Repeat 3 times using same footwork

Break

(8) 2 Slur Basics DS Slur(xib) S(ib) DS RS DS Slur(xib) S(ib) DS RS
L R R L RL R L L R LR
&1 & 2 &3 &4 &5 & 6 &7 &8

Part A (32 Beats) [Break, Triple, 2 Rocking Chairs (1/4 L each)] Repeat using same footwork

Part B (32 Beats) [Cowboy (1/2 L), Charleston Brush, Slur Basic] Repeat using same footwork

Part C (32 Beats) Double Cross, 2 Outhouses, [Traveling Shoes (1/4L), Triple (1/4L)]X2

Part D (32 Beats) [4 Toe Heels, Walk the Dog (1/4 L)] Repeat 3 X using same footwork

Bridge (16 Beats)

(16) Clogover Slur Vine DS DS(xif) DS Slur(xib) S(ib) DS DS(xif) DS RS
L R L R R L R L RL
&1 &2 &3 & 4 &5 &6 &7 &8

Repeat on opposite foot

Part B (32 Beats) [Cowboy (1/2 L), Charleston Brush, Slur Basic] Repeat using same footwork

Part C (32 Beats) Double Cross, 2 Outhouses, [Traveling Shoes (1/4L), Triple (1/4L)]X2

Part D (32 Beats) [4 Toe Heels, Walk the Dog (1/4 L)] Repeat 3 X using same footwork

Ending

(8) Clogover Slur Vine

(4) Charleston Brush

(4) Triple

Repeat using opposite footwork

Step abbreviations

DS = double step
BRK = break
S = step
RS = rock step
H = heel
T = toe
DT = double toe
BR = brush
TCH = touch
P = pause
BO = bounce

Direction

clk = click
xif = cross in front
xib = cross in back
ots = out to side
ib = in back
if = in front
f = moving forward
b = moving backward
w = takes weight
svl = swivel