

1 Foot

Choreographed by:



The Buffalo Girls

Danette Petersen,
Susan Skaggs &
Beverly Sommerfeld

Adv. Beginner 32 Count

+ 2 Tag Sequences 4 Wall Dance

Choreographed To:

Teach:

"Put One Foot In Front Of The Other" (153 bpm)

"Walkin' After Midnight" by Patsy Cline (90 bpm)
CD Title: Hillbilly Fever, Vol 3, Rhino Records

Artist: Lee Roy Parnell

Practice:

CD Title: Every Night's A Saturday Night

"Fallin' Apart" by The Tractors (127 bpm)
CD Title: The Tractors

STEP DESCRIPTION COUNT

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ROCK-STEPS, HOLD

STEP FORWARD, SCUFF

- | | | |
|---|---|---|
| 1 | Rock-step forward onto RIGHT heel (toes up) | 1 |
| 2 | Step back with LEFT foot | 2 |
| 3 | Step back with RIGHT foot | 3 |
| 4 | Hold (weight on RIGHT) | 4 |

- | | | |
|---|-------------------------------|----|
| 5 | Step forward with RIGHT foot | 21 |
| 6 | Scuff forward with LEFT heel | 22 |
| 7 | Step forward with LEFT foot | 23 |
| 8 | Scuff forward with RIGHT heel | 24 |

- | | | |
|---|--|---|
| 1 | Rock-step forward onto LEFT heel (toes up) | 5 |
| 2 | Step back with RIGHT foot | 6 |
| 3 | Step back with LEFT foot | 7 |
| 4 | Hold (weight on LEFT) | 8 |

STEP FORWARD, ROCK BACK, 1/4 TURN, CROSS STEP

- | | | |
|---|--|----|
| 1 | Step forward with RIGHT foot | 25 |
| 2 | Rock back onto LEFT foot | 26 |
| 3 | Step back 1/4 turn right with RIGHT foot | 27 |
| 4 | Cross LEFT foot in front of right foot | 28 |

STEP BACK, BACK, 3/4 TURN

- | | | |
|---|--|----|
| 1 | Step back with RIGHT foot | 9 |
| 2 | Step back with LEFT foot | 10 |
| 3 | Step back 1/2 turn right with RIGHT foot | 11 |
| 4 | Step forward 1/4 turn right with LEFT foot | 12 |

1/4, 1/4, 1/2 ROLLING TURN, STEP

- | | | |
|---|---|----|
| 5 | Step right into 1/4 turn left with RIGHT foot | 29 |
| 6 | Step back 1/4 turn left with LEFT foot | 30 |
| 7 | Step 1/2 turn left with RIGHT foot | 31 |
| 8 | Step back with LEFT foot | 32 |

STEP, 1/4 PIVOT, STOMP, HOLD

- | | | |
|---|---|----|
| 5 | Step slightly forward with RIGHT heel (toes up and pointing toward left foot) | 13 |
| 6 | Pivot 1/4 turn right on heel of RIGHT foot and drop toes | 14 |
| 7 | Stomp next to right foot with LEFT foot | 15 |
| 8 | Hold (weight on LEFT) | 16 |

NOTE: Really travel with this turn.

Put 1 Foot In front of the other ... again

FORWARD CROSS-STEPS

- | | | |
|---|--|----|
| 1 | Step forward with RIGHT foot | 17 |
| 2 | Cross-step LEFT foot behind right foot | 18 |
| 3 | Step forward with RIGHT foot | 19 |
| 4 | Cross-step LEFT foot behind right foot | 20 |

CHOREOGRAPHERS' NOTE

There are two Tag Sequences (each performed only once) in this dance. By listening to the music first, you will find it easy to find where these Tags occur:

The first Tag is 16 Counts and occurs during the first instrumental (piano) break. You will be facing your beginning (5th) wall. During this break, perform the first 16 Counts and then begin the dance again.

The second Tag is 8 Counts and occurs toward the end of the song. The Tag is performed following a 32 Count sequence which begins with the phrase "Hittin' that Stride One Foot in Front of the Other", repeated once, and ends when all instruments drop out except for the guitar and drums. That is where (facing 6 o'clock) you perform the first 8 Counts and then begin the dance again.

For Additional Information Contact
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