

# One Foot

By: Walk the Moon

Choreo by: Megan Brock, 2018

Sequence: **A B C D Break 1 Modified A B C D 1/2 A B C D E**

**Wait for 16 beats**

## PART A

½ Pony Double Kick	HOP TS(xib) HOP BR-UP KICK OUT KICK OUT
	L R L R L L
Modified Fly	DBL KICK CROSS KICK TWIST-TWIST-TWIST BA-SL
	L R R R L R L R (L HEEL UP)
2 Weed Pullers	HOP DBL-BACK HOP DBL-BACK ST SK-UP ST SK-UP
	L R R L L R R L
Spin Step	DBL-OUT UP-ST (1/2 L)
	L BO R R
Hop Toe Kick/2 Stomps	ST TOE-KICK STOMP STOMP
	L R L L R

**\*\*\*Repeat to front\*\*\***

## PART B

Janet	& KICK & OUT & KICK & OUT
	L BO R BO
Mountain goat	DS RS(xif) RS(ots) ST-SL
	L RL RL R
Rocking chair to back	DS BR-UP DS RS
	L R R LR
Fancy Double	DS DS RS RS
	L R LR LR

**\*\*\*Repeat to front except end with double basic instead of fancy double (DS [L] DS [R] RS [LR])\*\*\***

## PART C

Crisscross x 2 (end with left foot up)	OUT/CROSS UP OUT/CROSS UP
	L/R R L/R L
Jazz square to front	ST ST(xif) ST ST
	L R L R
Ponies w/ slight pause	HOP TS(xib) HOP BR-UP HOP TS(xib) HOP BR-UP
	L R L R R L R L
One foot stomp`	STEP HOP PULLBACK TCH HOP PULLBACK TCH UP
	L L R R L
Traveler w/ one foot stomp (turn left and repeat back to front)	DS (xib) HOP TS HOP TS BA-SL STEP HOP PULLBACK TCH HOP PULLBACK TCH UP
	L R L R L R L L R R L

## One Foot - continued

### PART D

Sam to all four walls turning right DS DS(xif) DR-ST DR-ST  
L R R L L R

Traveler scoot turning right x 3, DS (xib) HOP TS HOP TS BA-SL  
L R L R L R

One foot stomp to front STEP HOP PULLBACK TCH HOP PULLBACK TCH UP  
(turn left) L L R R L

### BREAK 1

2 Jazz squares to front ST ST(xif) ST ST  
L R L R

### MODIFIED A

½ Pony Double Kick HOP TS(xib) HOP BR-UP KICK OUT KICK OUT  
L R L R L L

Modified Fly DBL KICK CROSS KICK TWIST-TWIST-TWIST BA-SL  
L R R R L R L R (L HEEL UP)

2 Weed Pullers HOP DBL-BACK HOP DBL-BACK ST SK-UP ST SK-UP  
L R R L L R R L

Spin Step DBL-OUT UP-ST (1/2 L)  
L BO R R

Hop Toe Kick/2 Stomps ST TOE-KICK STOMP STOMP  
L R L L R

Pothole left foot up w/ double brush DBL OUT-IN UP ST BR-UP ST BR-UP  
L BOTH L L R R L

Bucking Joey x 2 DS TS(xib) HS HS TS(xib) BA SL  
(left and right) L R L R L R

Time bomb scooch DBL w/ STOMP(xif) RS STOMP(xif) RS BA-SL  
L RL R LR R

### PART E

Sam to all four walls turning right DS DS(xif) DR-ST DR-ST  
L R R L L R

Airplane to back and front DS RS RS RS DS RS RS RS  
L RL RL RL R LR LR LR

Traveler w/ one foot stomp DS (xib) HOP TS HOP TS BA-SL STEP HOP PULLBACK TCH HOP PULLBACK TCH UP  
L R L R L R L L R R L