

ONE FOOT IN FRONT OF THE OTHER

Choreographers: Gus & Lynn DeFore, 2206 Briarfield St, Camarillo, CA 93010 (805) 482-0882
Email: defore.rdancer@verizon.net
CD: It Just Comes Natural - George Strait also Amazon download - One Foot In Front Of The Other
Footwork: Opposite unless noted RELEASED 3-14-2008
Speed & Editing: SPEED: Normal -- EDITING: Music cropped at 3:16 -- Begin fading at 3:12
Rhythm/Level: Two-Step Phase II +1+1 (Fishtail) Unphased (Toe Heel Cross Sd Cross)

Sequence: INTRO - A - B - INT - A - B - C - C - A(8) - B - ENDING

INTRO

{OP FCG} WAIT 2 ; ; APART PT ; BFLY TCH ; TOE HEEL ; CROSS SD CROSS ; TOE HEEL ; CROSS SD CROSS ;

1-8 [OP FCG] M fcg WALL wait 2 meas;; Apart L ,-, pt R twd ptr ,-, Tog R ,-, tch L to BFLY WALL ,-,
[TOE HEEL] In BFLY touch L toe to instep of R ft no weight chng ,-, touch L heel to instep of R ft no weight chng ,-;
[CROSS SD CROSS] XLIF, sd R , XLIF ,-, [TOE HEEL] In BFLY touch R toe to instep of L ft no weight chng ,-,
touch R heel to instep of L ft no weight chng ,-, [CROSS SD CROSS] XRIF, sd L , XRIF to end in SCP LOD ,-,

PART A

{SCP LOD} 2 FWD TWO-STEPS ; ; 2 TRNG TWO-STEPS ; ; CIR AWAY TWO 2 STPS ; ; {6 FT APART}

1-6 [2 FWD 2'S] SCP LOD fwd L , cls R , fwd L ,-, Fwd R , cls L , fwd R ,-,
[2 TRNG 2'S] Sd L trng RF, cls R trng RF, bk L ,-, Sd R trng RF, cls L trng RF, fwd R to end in SCP LOD ,-,
[CIR AWAY] Release ptr and circle away LF (W RF) fwd L , cls R , fwd L ,-, Fwd R , cls L , fwd R end fcg RLOD ,-,

{6 FT APART} STRUT TOG IN 4 ; ; LACE ACROSS LOD ; ; TWO STP TO FC ; ; DOOR TWICE ; ; {BFLY COH}

7-12 [STRUT TOG] Fcg RLOD both cont to circle LF (W RF) twd ptr strutting action fwd L ,-, R ,-, L ,-, R ,-,
[LACE ACROSS] Join lead hnds fwd L , cls R , fwd L (W fwd R , cls L , fwd R XIF of M und jnd lead hnds) to end in LOF LOD ,-,
[2 STP TO FC] Fwd R , cls L , fwd R trng LF to end in BFLY fcg PTR & COH ,-,
[DOOR TWICE] In BFLY Rk sd L , rec R , XLIF ,-, Rk sd R , rec L , XRIF to end in BFLY COH ,-,
LACE ACROSS RLOD ; ; TWO STP TO FC ; ; DOOR ; ; RK SD REC TO OP ; ; {OP LOD}

13-16 [LACE ACROSS RLOD] Release M's R & W's L hnds & repeat action of meas 9 & 10 part A to end in LOP RLOD ,-,
[2 STP TO FC] Fwd R , cls L , fwd R trng LF to WALL & PTR in BFLY ,-, [DOOR] In BFLY Rk sd L , rec R , XLIF ,-,
[RK SD REC TO OP] Rk sd R , rec L , trng ¼ LF (W trn ¼ RF) fwd R to OP LOD ,-,

PART B

{OP LOD} CHARLESTON ; ; CHARLESTON TO FC ; ; SOLO LEFT TRNG BOX TO OP ; ; ; ; {OP LOD}

1-8 [CHARLESTON] Fwd L ,-, pt fwd R ,-, Bk R ,-, pt bk L ,-,
[CHARLESTON TO FC] Fwd L ,-, pt fwd R ,-, Trn ¼ RF to fc ptr sd R , tch L (W fwd R , pt fwd L ,-, trn ¼ LF to fc ptr sd L , tch R) ,-,
[SOLO LEFT TRNG BOX TO OP] Fcg ptr no hnds Sd L , cls R , fwd L trng LF ¼ fc LOD ,-, Sd R , cls L , bk R trng LF ¼ , fc COH ,-,
Sd L , cls R , fwd L trng LF ¼ fc RLOD ,-, Sd R , cls L , bk R trng LF to end in OP LOD ,-,

{OP LOD} CHARLESTON ; ; CHARLESTON TO FC ; ; SOLO LEFT TRNG BOX ; ; ; ;

9-16 Repeat meas 1-8 of PART B ; ; ; ; ; ; NOTE: 1st time thru Part B end in BFLY WALL .
2nd time thru Part B end in SCP LOD. 3rd time thru Part B end in CP WALL .

INTERLUDE

{BFLY WALL} TOE HEEL ; ; CROSS SD CROSS ; ; TOE HEEL ; ; CROSS SD CROSS ; ; {SCP LOD}

1-4 Repeat action of meas 5 thru 8 of the INTRO ; ; ; ; Note: Timing for TOE HEEL is slow,-, slow,-;

PART C

{SCP LOD} HITCH 3 ; ; HITCH SCIS BJO CHK ; ; FISHTAIL ; ; WLK 2 ; ; HITCH 3 ; ; HITCH SCIS TO SCP ; ;

1-6 [HITCH 3] Fwd L , cls R , bk L ,-, [HITCH SCIS BJO CHK] Bk R , cls L , fwd R chking (W bk L , trng ¼ LF sd R ,
cont trng LF to BJO fwd L chking) ,-, [FISHTAIL] XLIF , sd R , fwd L , lock XRIB
(W XRIF , sd L , bk R , lock XLIF) ,-, [WLK 2] In BJO fwd L ,-, fwd R ,-, [HITCH 3] In BJO Fwd L , cls R , bk L ,-,
[HITCH SCIS TO SCP] Bk R , cls L , fwd R (W trng ¼ RF sd L , cls R , cont trng RF fwd L to end in SCP LOD) ,-,

{SCP LOD} VN APART ; ; VN TOG ; ; {SCP LOD}

7-8 [VN APART] Sd L , XRIB (W XLIB) , sd L ,-, [VN TOG] Sd R , XLIB (W XRIB) , Sd R end in SCP LOD ,-,

ENDING

{CP WALL} LEFT TRNG BOX ; ; ; ; 2 QK SD CLS'S ; ; APART PT ; ;

1-6 [LEFT TRNG BOX] In CP WALL sd L , cls R , fwd L trng LF 1/4 fc LOD ,-, Sd R , cls L , bk R trng LF 1/4 , fc COH ,-,
Sd L , cls R , fwd L trng LF 1/4 fc RLOD ,-, Sd R , cls L , bk R trng LF to end in CP WALL ,-,
[2 QK SD CLS'S] Sd L , cls R , sd L , cls R ; [APART PT] Step apt L ,-, pt R twd ptr ,-,