

One Foot Out the Door

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Hilde Nybro (NOR) - June 2025

Music: Before You Leave Me - Alex Warren



Intro: 16 counts

Sec 1: Toe, Heel, Coaster step x 2

- 1 2 Touch R toe next to L (1), touch R heel next to L (2)
- 3 & 4 Step R back (3), step L next to R (&), step R fwd (4)
- 5 6 Touch L toe next to R (5), Touch L heel next to R (6)
- 7 & 8 Step L back (7), step R next to L (&), step L fwd (8)

Sec 2: Rock fwd, Shuffel 1/2, Cross side, Behind side cross

- 1 2 Rock fwd on R (1), recover on L (2)
- 3 & 4 Turn R 1/4 to right (3), step L next to R (&), turn R 1/4 (4)
- 5 6 Cross L over R (5), step R to right side (6)
- 7 & 8 Step L behind R (7), step R to right side (&), cross L over R (8)

Sec 3: Dorothy steps x 2, fwd rock, side rock

- 1 2 & Step R fwd diag. to right side (1), step L next to R (2), step R out diag. to left side (&)
- 3 4 & Step L fwd diag. to left side (3), step R next to L (4), Step L out diag. to right side (&)
- 5 6 Rock fwd on R (5), recover on L (6)
- 7 8 Rock R to right side (7), recover on L (8)

Sec 4: Sailor 1/4 turn, Shuffel fwd, Jazz box

- 1 & 2 Turn 1/4 right crossing R behind L (1), step R next to L (&), step fwd on R (2)
- 3 & 4 Step fwd on L (3), step R next to L (&), step fwd on R (4)
- 5 6 Cross L over R (5), step back on L (6)
- 7 8 Step R next to L (7), step slightly fwd on L (8)

Restart:

On wall 2 (facing 03:00) and wall 6 (facing 12:00). After 16 counts, start the dance again.

Ending:

Wall 12 (facing 09:00). After 8 counts, do a 1/4 turn right, and your facing front (12:00)

Enjoy :)