



One Step Forward And Two Steps Back

Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 count, 4 wall line/couples dance

Position: Couples in the 10 step position.

Music: **One Step Forward** by Desert Rose Band

LEFT SIDE

ONE STEP FORWARD AND TWO STEPS BACK

1-2 Step forward left, touch right toe next to left foot

3-4 Step backward right, step left beside right

5-6 Step backward right, step left beside right

TWO STEPS TO THE LEFT

7-8 Step left to side, step right beside left

9-10 Step left to side, touch right beside left

RIGHT SIDE

ONE STEP FORWARD AND TWO STEPS BACK

11-12 Step forward right, touch left toe next to right foot

13-14 Step backward left, step right beside left

15-16 Step backward left, touch right beside left

TWO STEPS TO THE RIGHT WITH $\frac{1}{4}$ TURN

17-18 Step right to right side, step left beside right

17 step right to right side, turn $\frac{1}{4}$ to your right as you touch left beside right

REPEAT

HELPFUL INFORMATION

Do not bring feet your feet together.

The right scuff after your $\frac{1}{4}$ turn becomes your first step when you began this dance over.

You should now be facing the next wall to your right as you start this dance over on your left foot.

Keep repeating the steps working all four walls.