



## ***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.*