|  |  |
| --- | --- |
| One Step Forward, Two Steps Back |  |

.

|  |
| --- |
| . |
| **Count:** | 20 | **Wall:** | 4 | **Level:** | Beginner - straight rhythm | . |
| **Choreographer:** | Betty Wilson (USA) & Charlotte Lucia (USA) |
| **Music:** | One Step Forward - Desert Rose Band |
| . |

**STEP, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER**

|  |  |
| --- | --- |
| 1 | Step left foot forward |

|  |  |
| --- | --- |
| 2 | Touch right toes beside left foot |

|  |  |
| --- | --- |
| 3 | Step back on right foot |

|  |  |
| --- | --- |
| 4 | Step left foot together with right foot |

|  |  |
| --- | --- |
| 5 | Step right foot back |

|  |  |
| --- | --- |
| 6 | Touch left toes beside right foot |

|  |  |
| --- | --- |
| 7 | Step left foot side left |

|  |  |
| --- | --- |
| 8 | Step right foot beside left foot |

**SIDE, TOUCH, FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH**

|  |  |
| --- | --- |
| 1 | Step left foot side left |

|  |  |
| --- | --- |
| 2 | Touch right toes beside left foot |

|  |  |
| --- | --- |
| 3 | Step right foot forward |

|  |  |
| --- | --- |
| 4 | Touch left toes beside right foot |

|  |  |
| --- | --- |
| 5 | Step left foot back |

|  |  |
| --- | --- |
| 6 | Step right foot together with left foot |

|  |  |
| --- | --- |
| 7 | Step left foot back |

|  |  |
| --- | --- |
| 8 | Touch right toes beside left foot |

**SIDE, TOGETHER, TURN, TOUCH**

|  |  |
| --- | --- |
| 1 | Step right foot side right |

|  |  |
| --- | --- |
| 2 | Step left foot together with right foot |

|  |  |
| --- | --- |
| 3 | Turn ¼ right stepping right foot forward |

|  |  |
| --- | --- |
| 4 | Touch left toes beside right foot |

**REPEAT**