ONE STEP FORWARD, TWO STEPS BACK

Count: 32
Wall: 4
Level: beginner/intermediate

Choreographer: David Cheshire
Music: One Step Forward by The Desert Rose Band

STEP, HOLD, TOUCH, HOLD, STEP, STEP, ROCK STEP
1-4 Step long step forward on right, hold, touch left next to right, hold
5-8 Step back on left, step back on right, rock back on left, recover on right

STEP, HOLD, TOUCH, HOLD, STEP, STEP, ROCK STEP
9-12 Step long step forward on left, hold, touch right next to left, hold
13-16 Step back on right, step back on left, rock back on right, recover on left

STEP, LOCK, STEP, SCUFF, STEP, LOCK, ¼ TURN SCUFF
17-20 Step forward on right, step left behind right, step forward on right, scuff left forward
21-24 Step forward on left, step right behind left, step forward on left turning ¼ left, scuff right forward

SIDE ROCK, TOE HEEL TWICE
25-28 Step right to right, recover on left, step right toe across left foot, drop right heel
29-32 Step left to left, recover on right, step left toe across right foot, drop left heel

REPEAT

TAG
At end of wall 3, dance full 16 counts of tag (facing 3:00)
At end of 9th wall. Dance 8 counts of tag. (facing 9:00)
STEP, SCUFF, STEP, SCUFF, ROCK STEP, TOUCH, HOLD
1-4 Step forward on right, scuff left forward, step forward on left, scuff right forward
5-8 Rock forward on right, recover on left, touch right next to left, hold
9-16 Repeat steps 1-8 for first tag