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

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**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

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**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

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**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

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**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

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**REPEAT**

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**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