

Two Steps Forward

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tom Speight (USA) - August 2015
音乐: Two Steps Forward - The Castaways : (Album: Locals Only - Amazon.com)



Starts at beginning of vocal, the “two steps forward” lyric should coincide with the dance steps at start of dance.

The country version starts on beginning of vocal.

Weight on Left, Walk Forward Right, Walk Forward Left, Chase Step Right Left Right, Rock Forward Left, Recover to Right, Step Left beside Right, Step Right In Place, Step Left in Place

- 1 – 2 Step Forward Right, Step Forward on Left (Walking Forward)
- 3 & 4 Step Forward Right, Step Left behind Right, Step Right Forward (Chase Step or Triple Step)
- 5 – 6 Rock Left Forward, Recover onto Right
- 7 & 8 Step Left Beside Right, Step Right in place, and Step Left in place (Triple Step in Place)

Walk Back R, Walk Back L, Chase Step Back RLR, Rock Back L, Recover Right, Triple in Place LRL

- 1 – 2 Walk back Right, Walk Back Left
- 3 & 4 Step Back Right, Step Left back in front Right, Step Right back (Chase Step or Triple Step)
- 5 – 6 Rock Left Back, Recover onto Right
- 7 & 8 Step Left beside Right, Step Right in place, Step Left in place (Triple Step In Place)

Step Right to Right Side, Slide Left Next to Right, Step Right to Right, Left beside Right, Step Right To Right,

- 1 – 2 Step Right to Right Side, Slide Left next to Right
- 3 & 4 Step Right to Right Side, Step Left Next to Right, Step Right to Right Side (Side Together Side)

Cross Rock Left across Right, Recover Weight onto Right, Step Left to Left Side, Slide Right Next To Left

- 5 – 6 Cross Rock Left over Right, Recover to Right
- 7 & 8 Step Left to Left Side, Slide Right Next to Left, Step Left to Left Side (Side Together Side)

Left Weave with ¼ Turn Left– Step Right over Left, Step Left to Left Side, Step Right behind Left, Step Left turning ¼ Left, Pivot ½ Turn Left, Right Kick-Ball-Change

- 1 – 2 Step Right over Left, Step Left to Left Side
- 3 – 4 Step Right behind Left, Step Left to Left turning ¼ Turn to Left
- 5 – 6 Step Right Forward (Take Weight), Pivot ½ Left Turn Stepping on Left (Take Weight)
- 7 & 8 Kick Right Forward, Step Right beside Left, Step Left beside Right (Kick-Ball-Change)

START OVER

A variation that works well in sections One and Section Two, steps 5 -6 in both, instead of a rock steps, a pivot turn can be used and all walking steps will be forward. Experiment and see what you think.

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Last Update: 27 May 2025