

One Step Forward & 2 Steps Back

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 0
编舞者: Ed Adams (USA) - January 2023

级数: Beginner / Line / Partner / Circle

音乐: One Step Forward - Desert Rose Band : (Album: Greatest Hits)



Description: Partner circle dance or individual circle dance. If done with a partner, use side-by-side position, also called sweetheart or cape position. Steps are the same for both partners. It can be done to a variety of music.

Start on vocals after 32 counts

STEP FORWARD, TOUCH, STEP BACK, TOGETHER, STEP BACK, TOUCH

- 1 Step right foot forward on right diagonal
- 2 Touch left toes beside right foot
- 3 Step left foot back on same diagonal
- 4 Slide right foot back next to left foot
- 5 Step left foot back on same diagonal
- 6 Touch right toes beside left foot

VINE RIGHT WITH ¼ TURN RIGHT, TOUCH, VINE LEFT WITH ¼ TURN LEFT, TOUCH

- 1 Step right foot to the right
- 2 Step left foot behind right foot
- 3 Step right foot to the right making ¼ turn right
- 4 Touch left toes beside right foot
- 5 Step left foot to the left
- 6 Step right foot behind left foot
- 7 Step left foot to the left making ¼ turn left
- 8 Touch right toes beside left foot

BACK, BACK

- 1 Step right foot back
- 2 Step left foot back

STEP, SCUFF, STEP, SCUFF, STEP, SCUFF, STEP, SCUFF

- 1 Step right foot forward
- 2 Scuff left foot forward
- 3 Step on left foot
- 4 Scuff right foot forward
- 5 Step on right foot
- 6 Scuff left foot forward
- 7 Step on left foot
- 8 Scuff right foot forward

BEGIN AGAIN