

# One Step Forward

**COPPER KNOB**  
STEPPERS

拍数: 60                      墙数: 4                      级数: Improver  
编舞者: Unknown  
音乐: One Step Forward - Desert Rose Band



Retyped by Ray And Gail Garvin

## TWO HEEL SPLITS, RIGHT HEEL HOOK

1-4                      Split heels apart, together, apart, together  
5-8                      Touch right heel forward, hook right foot over left, touch right heel forward, step right next to left

## TWO HEEL SPLITS, LEFT HEEL HOOK

1-4                      Split heels apart, together, apart, together  
5-8                      Touch left heel forward, hook left foot over right, touch left heel forward, touch left next to right

## STEP TOGETHER CLAP, STEP TOGETHER CLAP, STEP TOGETHER CLAP, STEP TOUCH CLAP

At an angle toward 10:00, step together with claps

1-4                      Step left, slide right next to left with weight, step left, slide right next to left with weight  
5-8                      Step left, slide right next to left with weight, step left, touch right next to left

## STEP BACK TOUCH, BACK TOUCH, BACK TOUCH, BACK TOUCH

1-2                      Stepping back on an angle toward 4:00, step right, touch left clap  
3-4                      Stepping back on an angle toward 8:00, step left, touch right clap  
5-8                      Repeat 1-4

## EIGHT COUNT GRAPEVINE TO THE RIGHT

1-4                      Step to the right on right, left behind right, step right, cross left over right  
5-8                      Step to the right on right, left behind right, step right, touch left next to right

## EIGHT COUNT GRAPEVINE TO THE LEFT

1-4                      Step to the left on left, right behind left, step left, cross right over left  
5-8                      Step to the left on left, right behind left, step left, touch right next to left

## HEEL, TOE, STEP, TOUCH, HEEL, TOE, ¼ TURN, TOUCH

1-4                      Touch right heel forward, touch right toe back, step forward right, touch left next to right  
5-8                      Touch left heel forward, touch left toe back, turning ¼ left step left, touch right next to left

## STEP BACK, BACK, BACK, STOMP

1-4                      Back up right, left, right, stomp left

REPEAT

---