

# ONE STEP FORWARD, TWO STEPS BACK

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**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