

ONE STEP FORWARD TWO STEPS BACK

Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 count 4 wall Line Dance

Music Suggestion One Step Forward by the Desert Rose Band

LEFT STEP FORWARD – TWO STEPS BACK

1-2 Step left forward, touch right together

3-4 Step right back, step left together

5-6 Step right back, touch left together

SIDE – TOGETHER – SIDE - TOUCH

1-2 Step left side, step right together

3-4 Step left side, touch right together

RIGHT STEP FORWARD – TWO STEP SLIDES BACK

1-2 Step right forward, touch left together

3-4 Step left back, step right together

5-6 Step left back, touch right together

SIDE – TOGETHER – TURN $\frac{1}{4}$ RIGHT - TOUCH

1-2 Step right side, step left together

3-4 Step right to right side, turn $\frac{1}{4}$ to your right as you touch left beside right

REPEAT

**Prepared by:
Pat Mitchell**

