# One Step Forward

<table>
<thead>
<tr>
<th>Choreography:</th>
<th>Betty Wilson &amp; Charlotte Lucia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description:</td>
<td>20 count, 4 wall, beginner line dance</td>
</tr>
<tr>
<td>Music:</td>
<td>Desert Rose Band – One Step Forward</td>
</tr>
</tbody>
</table>

## LEFT SIDE

### ONE STEP FORWARD AND TWO STEPS BACK

<table>
<thead>
<tr>
<th>Number</th>
<th>Step Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>Step forward left, touch right toe next to left foot</td>
</tr>
<tr>
<td>3-4</td>
<td>Step backward right, step left beside right</td>
</tr>
<tr>
<td>5-6</td>
<td>Step backward right, touch left beside right</td>
</tr>
</tbody>
</table>

### TWO STEPS TO THE LEFT

<table>
<thead>
<tr>
<th>Number</th>
<th>Step Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-8</td>
<td>Step left to side, step right beside left</td>
</tr>
<tr>
<td>9-10</td>
<td>Step left to side, touch right beside left</td>
</tr>
</tbody>
</table>

## RIGHT SIDE

### ONE STEP FORWARD AND TWO STEPS BACK

<table>
<thead>
<tr>
<th>Number</th>
<th>Step Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-12</td>
<td>Step forward right, touch left toe next to right foot</td>
</tr>
<tr>
<td>13-14</td>
<td>Step backward left, step right beside left</td>
</tr>
<tr>
<td>15-16</td>
<td>Step backward left, touch right beside left</td>
</tr>
</tbody>
</table>

### TWO STEPS TO THE RIGHT WITH ¼ TURN RIGHT & SCUFF

<table>
<thead>
<tr>
<th>Number</th>
<th>Step Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-18</td>
<td>Step right to right side, step left beside right</td>
</tr>
<tr>
<td>19-20</td>
<td>Step right to right side, turn ¼ to your right as you scuff left beside right</td>
</tr>
</tbody>
</table>

**REPEAT**

**HELPFUL INFORMATION**

*Do not bring your feet together.*

*The right scuff after your ¼ turn becomes your first step when you began this dance over.*

*You should now be facing the next wall to your right as you start this dance over on your left foot.*

*Keep repeating the steps working all four walls.*

*As a variation you can do the steps to the left and right as chasses or as vines.*