



## ONE STEP FORWARD & TWO STEPS BACK

Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 counts, 4 walls, Beginner Partner Line Dance

Music: **One Step Forward & Two Steps Back** by Desert Rose Band

Closed Position: Face to face

### MAN

**STEP FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, SIDE, TOUCH**

1-2 Step L forward, touch R beside L

1-2-3-4 Step R back, step L beside R, Step R back, touch L beside R

5-6-7-8 Step L to L, step R beside L, Step L to L, touch R beside L

**STEP FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH, RIGHT, BEHIND, ¼ TURN & STEP FORWARD, TOUCH**

1-2 Step R forward, touch L beside R

1-2-3-4 Step L back, step R beside L, Step L back, touch R beside L

5-6 Step R to R, step L behind R,

7-8 ¼ turn R and step R forward, touch L beside R

### LADY

**STEP BACK, TOUCH, STEP FORWARD, TOGETHER, STEP FORWARD, TOUCH, SIDE, TOGETHER, SIDE, TOUCH**

1-2 Step R back, touch L beside R

1-2-3-4 Step L forward, step R beside L, Step L forward, touch R beside L

5-6-7-8 ¼ turn R and step R forward, ½ turn R and step L back, ¼ turn R and step R to R, touch L beside R

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

1-2 Step R back, touch L beside R

1-2-3-4 Step L forward, step R beside L, Step L forward, touch R beside L

**¼ TURN L AND STEP FORWARD, ¼ TURN AND STEP SIDE, ¼ TURN AND STEP BACK, TOUCH**

5-6-7-8 ¼ turn L and step L forward, ¼ turn L and step R to R, ¼ turn L and step L back, touch R beside L

**REPEAT**

