

One Step Forward, Two Steps Back

Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 count, 4 wall, beginner straight rhythm line dance

Musik: One Step Forward by The Desert Rose Band [136 bpm]

Nothin' 'Bout Love Makes Sense by LeAnn Rimes [122 bpm]

Start dancing on lyrics

STEP, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER

- 1 Step left forward
- 2 Touch right together
- 3 Step right back
- 4 Step left together
- 5 Step right back
- 6 Touch left together
- 7 Step left side
- 8 Cross right behind

SIDE, TOUCH, FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH

- 1 Step left side
- 2 Touch right together
- 3 Step right forward
- 4 Touch left together
- 5 Step left back
- 6 Step right together
- 7 Step left back
- 8 Touch right together

SIDE, TOGETHER, TURN, TOUCH

- 1 Step right side
- 2 Step left together
- 3 Turn $\frac{1}{4}$ right and step right forward
- 4 Touch left together

REPEAT