



# One Step Forward And Two Steps Back

## 10 count line/couples dance

Choreographer Betty Wilson & Charlotte Lucia (USA)

Choreographed To  
One Step Forward by Desert Rose Band

### LEFT SIDE

#### ONE STEP FORWARD AND TWO STEPS BACK

- 1 Step forward left
- 2 Step backward right bring feet together
- 3 Step backward right bring feet together

#### TWO STEPS TO THE LEFT

- 1 Step left bring feet together
- 2 Step left bring feet together

### RIGHT SIDE

#### ONE STEP FORWARD AND TWO STEPS BACK

- 1 Step forward right
- 2 Step backward left bring feet together
- 3 Step backward left bring feet together

#### TWO STEPS TO THE RIGHT WITH 1/4 TURN

- 1 Step right bring feet together
- 2 Turn 1/4 to your right and scuff left foot

### REPEAT

### HELPFUL INFORMATION

/Do not bring feet your feet together.

/The right scuff after your 1/4 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.

<b>Choreographers Notes :</b>
<b>Couples in the 10 step position.</b>

[Read Dancers' Reviews of this dance](#)

[Email this dance to a friend](#)

[Submit a review of this dance](#)

[Contact us with any corrections to this dance](#)

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 501235 Fax: +44 (0)1704 501678

web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

e-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)