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.
/You should now be facing the next wall to your right as you start this dance over.
/Keep repeating the steps working all four walls.

Choreographers Notes:

Couples in the 10 step position.