

One Step Forward AB

COPPER KNOB
STEPSHETS

Count: 32

Wall: 4

Level: Absolute Beginner / Senior

Choreographer: Di Andrews (AUS) - July 2022

Music: One Step Forward - Desert Rose Band



WALK FWD R,L,R, HOLD. WALK FWD L,R,L HOLD.

1-4 Step fwd on Right, Left, Right, hold.

5-8 Step fwd on Left, Right, Left, hold

ZIG ZAG BACK WITH TOUCHES & CLAPS

1-4 Step back onto R, touch L beside, clap. Step back on L, touch R beside, clap.

5-8 Step back onto R, touch L beside, clap. Step back on L, touch R beside, clap.

VINE R, TOUCH. VINE L, TOUCH.

1-4 Step R to side, step L behind R, Step R to side, touch L beside.

5-8 Step L to side, step R behind L, Step L to side, touch R beside.

*8 HIPS BUMPS TURNING 1/4 LEFT.

1-2 Stepping on R, bump onto R hip, return to bump left hip starting turn.

3-8 Repeat 3 times until facing 9 o'clock (1 wall to the left).

[32] TOTAL COUNT

REPEAT DANCE IN NEW DIRECTION

On wall 4 facing 3 o'clock; restart after first 16 counts.

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