

# One Step Forward

Count: 32

Wall: 4

Level: Improver

Choreographer: Gary Parker (AUS) & Cheryl Parker (AUS)

Music: One Step Forward - Country FM



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## RIGHT DIAGONAL FORWARD, TOUCH, LEFT DIAGONAL BACK, TOUCH

- 1-2 Step forward right at 45 degree angle right, touch left beside right  
3-4 Step back left at 45 degree angle left, touch right beside left

## RIGHT DIAGONAL BACK, TOUCH, LEFT DIAGONAL FORWARD, TOUCH

- 5-6 Step back right at 45 degree angle 4, touch left beside right  
7-8 Step forward left at 45 degree angle left, touch right beside left

## STEP FORWARD, HOLD, TOGETHER, HOLD, STEP BACK, TOGETHER, STEP BACK, TOGETHER

- 1-4 Step forward right, hold, step left beside right (weight on left), hold  
5-8 Step back right, step left beside right, step back right, step left beside right (weight on left)

## DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT

- 1&2 Shuffle forward right-left-right at 45 degree angle right (facing home wall at end of shuffle)  
3&4 Shuffle forward left-right-left at 45 degree angle left (facing home wall at end of shuffle)

## ¼ TURN LEFT, SIDE SHUFFLE, HEEL, BALL TOUCH

- 5&6 Turning ¼ turn left on ball of left shuffle to right side right-left-right  
7&8 Touch left heel forward, step left beside right, touch right beside left (weight stays on left)

## RIGHT SHUFFLE FORWARD, STEP FORWARD, ROCK BACK, LEFT SHUFFLE BACK, STEP BACK, ROCK FORWARD

- 1&2 Shuffle forward right-left-right  
3-4 Step forward on left, rock back on right in place  
5&6 Shuffle back left-right-left  
7-8 Step back on right, rock forward on left in place (weight on left)

**REPEAT**

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