

One Step Forward

Count: 32

Wall: 4

Level: Beginner

Choreographer: Carol Murray (CAN)

Music: One Step Forward - Desert Rose Band



STEP, KICK, STEP BACK, STEP BACK, HEEL SPLITS

- 1 Step forward on right foot
- 2 Kick left foot forward
- 3 Step back on left foot
- 4 Step back on right foot
- 5 Step back on left foot
- 6 Step right foot beside left foot
- 7 Fan heels out
- 8 Ran heels in

RIGHT VINE & LEFT VINE WITH ¼ TURN LEFT

- 1 Step right side on right foot
- 2 Step behind left foot behind right foot
- 3 Step right on right foot
- 4 Touch left foot beside right foot
- 5 Step left foot to the left side
- 6 Step right foot behind left foot
- 7 Step left foot left making ¼ turn left
- 8 Touch right foot beside left foot

SIDE STEP RIGHT/LEFT AND DOUBLE SIDE STEP RIGHT

- 1 Step right foot to the right side
- 2 Touch left foot beside right foot
- 3 Step left foot to the left side
- 4 Touch right foot beside left foot
- 5 Step right foot to the right side
- 6 Step left foot beside right foot
- 7 Step right foot to the right side
- 8 Touch left foot beside right foot

SIDE STEP LEFT/RIGHT AND DOUBLE SIDE STEP

- 1 Step left foot to the left side
- 2 Touch right foot beside left foot
- 3 Step right foot to the right side
- 4 Touch left foot beside right foot
- 5 Step left foot to the left side
- 6 Step right foot beside left foot
- 7 Step left foot to the left side
- 8 Touch right foot beside left

REPEAT
