One Step Forward Waltz



Compte: 30 Mur: 4 Niveau: Beginner - waltz

Chorégraphe: Betty Wilson (USA) & Charlotte Lucia (USA) - July 2024

Musique: Home to Donegal - Celtic Brothers

ou: 5 Leaf Clover - Luke Combsou: The Blue Danube - Various Artists

ou: Perfect - Ed Sheeran ou: Girl Crush - Little Big Town



Adapted from original choreography by Betty Wilson & Charlotte Lucia (Script by Glynn Rodgers)

Section 1 "One Step Forward, Two Steps Back"

(1) Step left forward to left diagonal, drag right foot towards left with no weight.
(2a) Step right diagonally back, drag left towards right, step left beside right.

7-9 (3) Step right diagonally back, drag left towards right with no weight.

Section 2 Side, Drag, Close, Side, Drag.

10-12 (4a) Step left to left side, drag right towards left, step right beside left.

13-15 (5) Step left to left side, drag right towards left with no weight.

Section 3 "One Step Forward, Two Steps Back"

16-18 (6) Step right forward to right diagonal, drag left towards right with no weight.
19-21 (7a) Step left diagonally back, drag right towards left, step right beside left.
22-24 (8) Step left diagonally back, drag right towards left with no weight.

Section 4 Side, Drag, Close, 1/4 Forward, Drag.

(1a) Step right to right side, drag left to right, step left beside right.
(2) Turn ¼ right stepping forward right, drag left towards right.

START AGAIN & ENJOY!

Submitted by: Glynn Rodgers (UK): glynnrodgers@live.com