

# One Step Forward

Compte: 60

Mur: 4

Niveau: Improver

Chorégraphe: Unknown

Musique: One Step Forward - Desert Rose Band



Retyped by Ray And Gail Garvin

## TWO HEEL SPLITS, RIGHT HEEL HOOK

- 1-4 Split heels apart, together, apart, together  
5-8 Touch right heel forward, hook right foot over left, touch right heel forward, step right next to left

## TWO HEEL SPLITS, LEFT HEEL HOOK

- 1-4 Split heels apart, together, apart, together  
5-8 Touch left heel forward, hook left foot over right, touch left heel forward, touch left next to right

## STEP TOGETHER CLAP, STEP TOGETHER CLAP, STEP TOGETHER CLAP, STEP TOUCH CLAP

At an angle toward 10:00, step together with claps

- 1-4 Step left, slide right next to left with weight, step left, slide right next to left with weight  
5-8 Step left, slide right next to left with weight, step left, touch right next to left

## STEP BACK TOUCH, BACK TOUCH, BACK TOUCH, BACK TOUCH

- 1-2 Stepping back on an angle toward 4:00, step right, touch left clap  
3-4 Stepping back on an angle toward 8:00, step left, touch right clap  
5-8 Repeat 1-4

## EIGHT COUNT GRAPEVINE TO THE RIGHT

- 1-4 Step to the right on right, left behind right, step right, cross left over right  
5-8 Step to the right on right, left behind right, step right, touch left next to right

## EIGHT COUNT GRAPEVINE TO THE LEFT

- 1-4 Step to the left on left, right behind left, step left, cross right over left  
5-8 Step to the left on left, right behind left, step left, touch right next to left

## HEEL, TOE, STEP, TOUCH, HEEL, TOE, ¼ TURN, TOUCH

- 1-4 Touch right heel forward, touch right toe back, step forward right, touch left next to right  
5-8 Touch left heel forward, touch left toe back, turning ¼ left step left, touch right next to left

## STEP BACK, BACK, BACK, STOMP

- 1-4 Back up right, left, right, stomp left

REPEAT

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