

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