

# One Step Forward AB

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner / Senior  
编舞者: Di Andrews (AUS) - July 2022  
音乐: One Step Forward - Desert Rose Band



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## WALK FWD R,L,R, HOLD. WALK FWD L,R,L HOLD.

1-4            Step fwd on Right, Left, Right, hold.  
5-8            Step fwd on Left, Right, Left, hold

## ZIG ZAG BACK WITH TOUCHES & CLAPS

1-4            Step back onto R, touch L beside, clap. Step back on L, touch R beside, clap.  
5-8            Step back onto R, touch L beside, clap. Step back on L, touch R beside, clap.

## VINE R, TOUCH. VINE L, TOUCH.

1-4            Step R to side, step L behind R, Step R to side, touch L beside.  
5-8            Step L to side, step R behind L, Step L to side, touch R beside.

## \*8 HIPS BUMPS TURNING 1/4 LEFT.

1-2            Stepping on R, bump onto R hip, return to bump left hip starting turn.  
3-8            Repeat 3 times until facing 9 o'clock (1 wall to the left).

## [32] TOTAL COUNT

## REPEAT DANCE IN NEW DIRECTION

On wall 4 facing 3 o'clock; restart after first 16 counts.

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