

# One Step Forward

拍数: 32      墙数: 4      级数: Improver  
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音乐: One Step Forward - Desert Rose Band



Intro 34 counts

## S1. CHASSE, BACK ROCK, CHASSE, BACK ROCK

1&2      Step RF to R, close LF next to RF, step RF to R  
3,4      Rock LF back, recover on RF  
5&6      Step LF to L, close RF next to LF, step LF to L  
7,8      Rock RF back, recover on LF

## S2. SHUFFLE ½ TURN L, SHUFFLE ¼ TURN L, JAZZ BOX CROSS

1&2      ¼ turn L step RF to R, ¼ turn L step LF beside RF, step RF back  
3&4      ¼ turn L step LF to L, close RF next to LF, step LF to L  
5,8      Cross RF over LF, step LF back  
7,8      Step RF to R, cross LF over RF

## S3. MONTEREY ½ TURN R, TWIST

1,2      Touch RF to R, ½ turn R step RF beside LF  
3,4      Touch LF to L, close LF next to RF  
5,6      Swivel both heel to R, swivel both Toe to R  
7,8      Swivel both heel to R, swivel both Toe to center

## S4. PIVOT ½ TURN L, KICK BALL CHANGE, STEP BACK DIAGONAL WITH TOUCH

1,2      Step RF forward, ½ turn L weight on LF  
3&4      Kick RF forward, step RF beside LF, step LF in place  
5,6      Step RF diagonal back, touch LF beside RF  
7,8      Step LF diagonal back, touch RF beside LF

Tag 8 counts after Wall 10, repeat Section 4

Restart on Wall 4 after 16 counts

Have Fun....

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