

One Step Forward

拍数: 32 墙数: 4 级数: Improver
编舞者: Gary Parker (AUS) & Cheryl Parker (AUS)
音乐: One Step Forward - Country FM



RIGHT DIAGONAL FORWARD, TOUCH, LEFT DIAGONAL BACK, TOUCH

1-2 Step forward right at 45 degree angle right, touch left beside right
3-4 Step back left at 45 degree angle left, touch right beside left

RIGHT DIAGONAL BACK, TOUCH, LEFT DIAGONAL FORWARD, TOUCH

5-6 Step back right at 45 degree angle 4, touch left beside right
7-8 Step forward left at 45 degree angle left, touch right beside left

STEP FORWARD, HOLD, TOGETHER, HOLD, STEP BACK, TOGETHER, STEP BACK, TOGETHER

1-4 Step forward right, hold, step left beside right (weight on left), hold
5-8 Step back right, step left beside right, step back right, step left beside right (weight on left)

DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT

1&2 Shuffle forward right-left-right at 45 degree angle right (facing home wall at end of shuffle)
3&4 Shuffle forward left-right-left at 45 degree angle left (facing home wall at end of shuffle)

¼ TURN LEFT, SIDE SHUFFLE, HEEL, BALL TOUCH

5&6 Turning ¼ turn left on ball of left shuffle to right side right-left-right
7&8 Touch left heel forward, step left beside right, touch right beside left (weight stays on left)

RIGHT SHUFFLE FORWARD, STEP FORWARD, ROCK BACK, LEFT SHUFFLE BACK, STEP BACK, ROCK FORWARD

1&2 Shuffle forward right-left-right
3-4 Step forward on left, rock back on right in place
5&6 Shuffle back left-right-left
7-8 Step back on right, rock forward on left in place (weight on left)

REPEAT
