

# One Step Forward, Two Steps Back

**COPPER KNOB**  
STEPPERS

拍数: 20      墙数: 4      级数: Beginner - straight rhythm  
编舞者: Betty Wilson (USA) & Charlotte Lucia (USA)  
音乐: One Step Forward - Desert Rose Band



## STEP, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER

- 1 Step left foot forward
- 2 Touch right toes beside left foot
- 3 Step back on right foot
- 4 Step left foot together with right foot
- 5 Step right foot back
- 6 Touch left toes beside right foot
- 7 Step left foot side left
- 8 Step right foot beside left foot

## SIDE, TOUCH, FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH

- 1 Step left foot side left
- 2 Touch right toes beside left foot
- 3 Step right foot forward
- 4 Touch left toes beside right foot
- 5 Step left foot back
- 6 Step right foot together with left foot
- 7 Step left foot back
- 8 Touch right toes beside left foot

## SIDE, TOGETHER, TURN, TOUCH

- 1 Step right foot side right
- 2 Step left foot together with right foot
- 3 Turn  $\frac{1}{4}$  right stepping right foot forward
- 4 Touch left toes beside right foot

**REPEAT**

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