

# One Step Back

拍數: 80      牆數: 2      級數: Phrased Advanced  
編舞者: Lewis Lee (CAN) - December 2017  
音樂: Under A Vast Sky (海闊天空) - Beyond



Sequence: AAB12, AB, Tag, AB8, C, B, B1+count 18-32, B28, AA  
Intro: 24 counts from start of track (approx. 19sec. into track),  
Note: The 1st count of every part, must be One Step Back on R.

## Part A – 32c

### A[1-8] Back, Ball-Cross, Side, Ball-Cross, 1/4R Cross, Scissor Cross, Scissor

1, 2&      Step R back and sweeping L from front to back, Step L ball behind R, Cross R over L  
3, 4&      Step L to side L, Step R ball behind L, Cross L over R  
5, 6&      Make 1/4R crossing R over L, Step L to side L, Step R beside L (3:00)  
7, 8&      Cross L over R, Step R to side R, Step L beside R

### A[9-16] Cross-Side, Behind-1/4L, Fwd-1/2L, 1/2L-1/2L, Sweep R, Cross-Back, Side, Ball-Cross

1&, 2&      Cross R over L, Step L to side L, Step R behind L, Make 1/4L stepping L fwd (12:00)  
3&, 4&      Step R fwd, Make 1/2L stepping on L, Make 1/2L stepping R back, Make 1/2L stepping L fwd (6:00)  
5, 6&      Sweep R from back to front, Cross R over L, Step L back  
7, 8&      Step R to side R, Step L ball behind R, Cross R over L

### A[17-25] 1/4L Hitch, Hold, Run-Run, Back-Rock, Side-1/4L, Fwd-Coaster, Back-Rock-1/2R Sweep

1, 2&3      Make 1/4L hitching R knee up slightly and rise up onto ball of L, Hold, Run R slightly fwd, Run L slightly fwd (3:00)  
4&5&      Step R Back, Recover L, Step R to side R, Make 1/4L recovering on L  
6&7      Step R fwd, Step L beside R, Step R back (12:00)  
8&1      Step L back, Recover R, Make 1/2R stepping L back while sweeping R out to back (6:00)

### A[26-32] Back-Coaster, Fwd-Touch-Sway, Sway-Sway-Sway, Back-Back

2&3      Step R back, Step L beside R, Step R fwd  
4&5      Step L fwd, Touch R beside L, Step R to side R and sway R  
6&7      Step L slightly fwd and sway fwd, Sway R back, Sway L fwd  
8&      Run R slightly back, Run L slightly back (6:00)

## Part B – 32c

### B[1-8] Back-sweep, Back-sweep, Back-sweep, Back-Rock, Walk, Walk, Fwd, Slide (with hand attitude)

1&, 2&      Step R back, Sweep L back, Step L back, Sweep R back  
3&, 4&      Step R back, Sweep L back, Step L back, Recover R  
5, 6      Walk L fwd, Walk R fwd  
7, 8      Step L long step fwd and closing arms in front of waist, Slide R toward L and start opening arms to either sides \*\*B8

### B[9-17] Hitch, Run-Run, Fwd-Rock, Back-Back, 1/4R sway, Sway- Sway-Sway, Sway-Sway-1/4R

1, 2&      Hitch R knee up slightly and rise up onto ball of L keeping arms open (like flying in the sky), Step R slightly fwd, Step L slightly fwd  
3&, 4&      Step R fwd, Recover back on L, Step R back, Step L back \*(B12) Restart A  
5, 6&7      Make 1/4R stepping R to side R and sway upper body R, Sway upper body L, Sway upper body R, Sway upper body L (3:00)  
8&1      Sway upper body slightly R, Sway upper body slightly L, Make 1/4R stepping R fwd while twist upper body R (prepare to turn L) (6:00)

**B[18-24] 1/2L-1/2L-1/4L, Back-Rock-1/4R, Walk, Walk, Walk**

2&3            Make 1/2L stepping L fwd, Make 1/2L stepping R back, Make 1/4L stepping L to side L (3:00)  
4&5            Step R behind L, Recover back on L, Make 1/4R stepping R fwd (6:00)  
6-8            Walk fwd L, R, L

**B[25-32] Hitch, Run-Run, Fwd-Rock, Back-Coaster, Sway-Sway-Sway, Back-Back**

1, 2&           Hitch R knee up slightly and rise up onto ball of L, Step R slightly fwd, Step L slightly fwd  
3&, 4&           Step R fwd, Recover back on L, Step R back, Step L beside R \*\*\*\*B28  
5, 6&7           Step R fwd, Step L slightly fwd and hip sway fwd, Sway back on R, Sway fwd on L  
8&            Run R slightly back, Run L slightly back (6:00)

**\*B12: The 2nd B (instrumental), dance after 12 count, Restart A (6:00)**

**Tag : At the end of 3rd B (6:00) Tag 4 count**

1, 2&3           Step R fwd, Step L slightly fwd and hip sway fwd, Sway back on R, Sway fwd on L,  
4&            Run R slightly back, Run L slightly back (6:00) , then Restart A (6:00 Instrumental), then the  
                 first 8 count of \*\*B8 (12:00)

**Part C – 16c (12:00)**

**C[1-8] Back, Back-Touch, Back-Touch, Back-Touch, Side, Touch, Side, Touch**

1, 2&           Step R back, Step L diagonal back L, Touch R beside L  
3&, 4&           Step R diagonal back R, Touch L beside R, Step L diagonal back L, Touch R beside L  
5-6, 7-8           Step R to side R, Touch L behind R, Step L to side L, Touch R behind L (12:00)

**C[9-16] Diagonal R, L Hip-Walk-Fwd, R Hip-Walk-Fwd, L Hip-Walk-Fwd, Back-Back**

1, 2&3           Step R diagonal fwd R, Touch L fwd with hip bump fwd, Hip bump back on R, Hip bump fwd  
                 on L  
4&5            Touch R fwd with hip bump fwd, Hip bump back on L, Hip bump fwd on R  
6&7            Touch L fwd with hip bump fwd, Hip bump back on R, Hip bump fwd on L  
8&            Run R slightly back, Run L slightly back (12:00)

**\*\*\*B1+count 18-32 of B:Dance after 5th B (6:00), Restart 6th B with the count 1 (Back R), then go directly into  
count 18 of B,(rolling turn L), till the end of B, then restart B28 (6:00)**

**\*\*\*\*B28: The 7th B, dance after 28c (12:00), Restart A, then the last A. Enjoy !!!**

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