

2 Steps Forward

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Thomas Haynes (USA) - August 2018
音樂: Two Steps Forward - The Castaways



Begin on lyrics

WALK FORWARD, FORWARD SHUFFLE, ROCK STEP, SHUFFLE BACK

1-2- Step right forward, step left forward
3&4- Chassé forward right-left-right
5-6- Rock left forward, recover to right
7&8- Chassé back left-right-left

WALK BACK, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2- Step right back, step left back
3&4- Chassé back right-left-right
5-6- Rock left back, recover to right
7&8- Chassé forward left-right-left

WALK FORWARD, SHUFFLE FORWARD, CROSS ROCK, SIDE ROCK

1-2- Step right forward, step left forward
3&4- Chassé forward right-left-right
5-6- Cross/rock left over, recover to right
7-8- Rock left side, recover to right

CROSS SHUFFLE, TURN 1/2 LEFT, TOE STEPS IN PLACE

1&2- Crossing chassé left-right-left
3-4- Turn 1/4 left and step right back, turn 1/4 left and step left forward (6:00)
5-6- Step right toe together, lower right heel
7-8- Step left toe together, lower left heel

Option: bump hips with toes steps

Contact: hornets1981@aol.com

Last Update – 16th June 2019
