

One Step Forward Waltz

拍數: 30 牆數: 4 級數: Beginner - waltz
編舞者: Betty Wilson (USA) & Charlotte Lucia (USA) - July 2024
音樂: Home to Donegal - Celtic Brothers
或: 5 Leaf Clover - Luke Combs
或: The Blue Danube - Various Artists
或: Perfect - Ed Sheeran
或: Girl Crush - Little Big Town



Adapted from original choreography by Betty Wilson & Charlotte Lucia (Script by Glynn Rodgers)

Section 1 "One Step Forward, Two Steps Back"

1-3 (1) Step left forward to left diagonal, drag right foot towards left with no weight.
4-6 (2a) Step right diagonally back, drag left towards right, step left beside right.
7-9 (3) Step right diagonally back, drag left towards right with no weight.

Section 2 Side, Drag, Close, Side, Drag.

10-12 (4a) Step left to left side, drag right towards left, step right beside left.
13-15 (5) Step left to left side, drag right towards left with no weight.

Section 3 "One Step Forward, Two Steps Back"

16-18 (6) Step right forward to right diagonal, drag left towards right with no weight.
19-21 (7a) Step left diagonally back, drag right towards left, step right beside left.
22-24 (8) Step left diagonally back, drag right towards left with no weight.

Section 4 Side, Drag, Close, ¼ Forward, Drag.

25-27 (1a) Step right to right side, drag left to right, step left beside right.
28-30 (2) Turn ¼ right stepping forward right, drag left towards right.

START AGAIN & ENJOY!

Submitted by: Glynn Rodgers (UK) : glynnrodgers@live.com
