

# One Step Forward Waltz

**COPPER KNOB**  
STEPSHEETS

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



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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](mailto:glynnrodgers@live.com)

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