

# One Step Forward, Two Steps Back

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: David Cheshire (AUS)  
音樂: One Step Forward - Desert Rose Band



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## STEP, HOLD, TOUCH, HOLD, STEP, STEP, ROCK STEP

1-4            Step long step forward on right, hold, touch left next to right, hold  
5-8            Step back on left, step back on right, rock back on left, recover on right

## STEP, HOLD, TOUCH, HOLD, STEP, STEP, ROCK STEP

9-12          Step long step forward on left, hold, touch right next to left, hold  
13-16        Step back on right, step back on left, rock back on right, recover on left

## STEP, LOCK, STEP, SCUFF, STEP, LOCK, ¼ TURN SCUFF

17-20        Step forward on right, step left behind right, step forward on right, scuff left forward  
21-24        Step forward on left, step right behind left, step forward on left turning ¼ left, scuff right forward

## SIDE ROCK, TOE HEEL TWICE

25-28        Step right to right, recover on left, step right toe across left foot, drop right heel  
29-32        Step left to left, recover on right, step left toe across right foot, drop left heel

## REPEAT

## TAG

At end of wall 3, dance full 16 counts of tag (facing 3:00)

At end of 9th wall. Dance 8 counts of tag. (facing 9:00)

## STEP, SCUFF, STEP, SCUFF, ROCK STEP, TOUCH, HOLD

1-4            Step forward on right, scuff left forward, step forward on left, scuff right forward  
5-8            Rock forward on right, recover on left, touch right next to left, hold  
9-16          Repeat steps 1-8 for first tag

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