

# 2 Steps Behind

COPPER KNOB  
STEPSHEETS

拍數: 0      牆數: 0      級數:  
編舞者: Frank Cooper (CAN)  
音樂: Forever & For Always (Red) - Shania Twain



Sequence: A, A-, A, B, A, A-, A, B, B, A, A-, A, A, A, Ending

## PART A

### STEP SIDE, STEP TOGETHER, STEP FORWARD, POINT FORWARD, STEP BACK,

- 1-2            (QQ) Step left foot to left side, step right foot beside left (12:00)  
3-6            (SS) Step forward on left foot, hold, point right toe forward, hold (12:00)  
7-8            (S) Step back on right foot, hold (12:00)

### STEP BACK, STEP TOGETHER, STEP FORWARD, STEP FORWARD, STEP FORWARD ½ TURN LEFT

- 9-10          (QQ) Step back on left foot, step together with right foot (12:00)  
11-14        (SS) Step forward on left foot, hold, step forward on right foot, hold (12:00)  
15-16        (S) Step forward on left foot making a ½ turn left, hold (6:00)

### STEP FORWARD, STEP BACK ½ TURN, STEP SIDE ¼ TURN, CROSS ROCK

- 17-18        (QQ) Step forward on right foot, step back on left foot making a ½ turn right (12:00)  
19-22        (SS) Step right foot to right side ¼ turn right, hold, rock left over right, hold (3:00)  
23-24        (S) Recover onto right foot, hold (3:00)

### STEP SIDE, STEP TOGETHER, STEP SIDE, CROSS ROCK

- 25-26        (QQ) Step left foot to left side, step right foot beside left (3:00)  
27-30        (SS) Step left foot to left side, hold, rock right foot over left, hold (3:00)  
31-32        (S) Recover onto left foot, hold (3:00)

### STEP SIDE, STEP TOGETHER, STEP FORWARD ¼ TURN, STEP BACK ½ TURN, STEP BACK

- 33-34        (QQ) Step right foot to right side, step left foot beside right foot (3:00)  
35-38        (SS) Step forward on right ¼ turn right, hold, step back on left ½ turn right, hold (12:00)  
39-40        (S) Step back on right foot, hold (12:00)

### ROCK STEP BACK, STEP FORWARD, STEP BACK ½ TURN, STEP BACK

- 41-42        (QQ) Rock back on left foot, recover onto right foot (12:00)  
43-46        (SS) Step forward on left, hold, step back on right ½ turn left, hold (6:00)  
47-48        (S) Step back on left, hold (6:00)

### ROCK STEP BACK, STEP FORWARD, STEP BACK ½ TURN, STEP SIDE ¼ TURN, TOUCH

- 49-50        (QQ) Rock back on right foot, recover onto left foot (6:00)  
51-54        (SS) Step forward on right, hold, step back on left ½ turn right, hold (12:00)  
55-56        (QQ) Step right foot to right side ¼ turn right, touch left toe beside right (3:00)

## PART A-

Do the dance up to count 46 then

- 47            Touch the left toe beside the right  
48            Hold

Begin again

## PART B

Do the dance up to count 24. To get to count 32 you will make the following change for counts 25-32

- 25-26        Step left foot to left side, hold

27-28 Step right foot over left, hold  
29-30 Step left foot to left side, hold  
31-32 Step right foot behind left, hold

**Begin again**

**ENDING**

**Start the dance from the beginning. Instead of a  $\frac{1}{2}$  turn on count 16, make a  $\frac{1}{4}$  turn to the left to face the front**

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