ONE STEP FORWARD, TWO STEPS BACK

Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 count, 4 wall, beginner straight rhythm line dance

Music: One Step Forward by The Desert Rose Band [136 bpm / Boot Scootin Boogie / No. 1 Line Dance Album / Line Dance Fever / A Dozen Roses-Greatest Hits]
Nothin' 'Bout Love Makes Sense by LeAnn Rimes [122 bpm / CD: CDX #352 / This Woman / CD: Line Dance Fever 16]

Start dancing on lyrics

STEP, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, SIDE, TOUCH
1 Step left forward
2 Touch right together
3 Step right back
4 Step left together
5 Step right back
6 Touch left together
7 Step left to side
8 Step right together
9 Step left to side
10 Touch right together

FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, ¼ TURN, TOUCH
1 Step right forward
2 Touch left together
3 Step left back
4 Step right together
5 Step left back
6 Touch right together
7 Step right to side
8 Step left together
9 Turn ¼ right and step right forward
10 Touch left together

REPEAT