One Step Forward, Two Steps Back

32 counts, 4 walls, Beginner
Choreographie: David Cheshire
Musik: One Step Forward (The Desert Rose Band)

1-8: STEP, HOLD, TOUCH, HOLD, STEP X2, ROCK STEP
1-4 Step long step forward on RF, hold, touch LF next to RF, hold
5-8 Step back on LF, step back on RF, rock back on LF, recover on RF

9-16: STEP, HOLD, TOUCH, HOLD, STEP X2, ROCK STEP
1-4 Step long step forward on LF, hold, touch RF next to LF, hold
5-8 Step back on RF, step back on LF, rock back on RF, recover on LF

17-24: STEP, LOCK, STEP, SCUFF, STEP, LOCK, ¼ TURN SCUFF
1-4 Step forward on RF, step LF behind RF, step forward on RF, scuff LF forward
5-8 Step forward on LF, step RF behind LF, step forward on LF turning ¼ left, scuff RF forward

25-32: SIDE ROCK, TOE HEEL X2
1-4 Step RF to right, recover on LF, step right toe across LF, drop right heel
5-8 Step LF to left, recover on RF, step left toe across RF, drop left heel

REPEAT

TAG
At end of 3rd wall dance full 16 counts of tag (facing 3:00).
At end of 9th wall dance only first 8 counts of tag (facing 9:00).
STEP, SCUFF, STEP, SCUFF, ROCK STEP, TOUCH, HOLD
1-4 Step forward on RF, scuff LF forward, step forward on LF, scuff RF forward
5-8 Rock forward on RF, recover on LF, touch RF next to LF, hold
9-16 Repeat steps 1-8 (for first tag only)