

One Step Forward And Two Steps Back  
Choreographed by Betty Wilson & Charlotte Lucia

Description: 20 count, 4 wall, line/partner 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](#)

Start dancing on lyrics

LEFT SIDE

ONE STEP FORWARD AND TWO STEPS BACK

1-2 Step left forward, touch right together

3-4 Step right back, step left together

5-6 Step right back, touch left together

TWO STEPS TO THE LEFT

7-8 Step left to side, step right together

9-10 Step left to side, touch right together

RIGHT SIDE

ONE STEP FORWARD AND TWO STEPS BACK

11-12 Step right forward, touch left together

13-14 Step left back, step right together

15-16 Step left back, touch right together

TWO STEPS TO THE RIGHT WITH  $\frac{1}{4}$  TURN

17-18 Step right to side, step left together

19-20 Step right to right side, turn  $\frac{1}{4}$  to your right as you touch left beside right

REPEAT