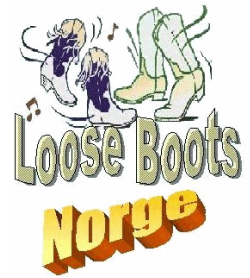


# ONE STEP FORWARD & TWO STEPS BACK

20 COUNTS, 4 WALL LINE DANCE



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**PREPARED BY:** SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)  
**LEVEL OF DIFFICULTY:** BEGINNER/INTERMEDIATE  
**SUGGESTED MUSIC:** "ONE STEP FORWARD"

## COUNTS:

### Section 1 Forward touch back together back touch

- 1 – 2 Step forward on the left foot, touch right foot next to left
- 3 – 4 Step back on right foot, slide left foot next to right
- 5 – 6 Step back on right foot, touch left foot next to right

### Section 2 Grapevine left, finish stomp

- 7 – 8 Step left foot to left side, cross right foot behind left
- 9 – 10 Step left foot to left side, stomp with right foot

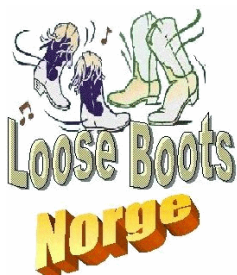
### Section 3 Forward touch back together back touch

- 11 – 12 Step forward on right foot, touch left foot next to right
- 13 – 14 Step back on left foot, slide right foot next to left
- 15 – 16 Step back on left foot touch right foot next to left

### Section 4 Grapevine right, ¼ turn & stomp

- 17 – 18 Step right foot to right side, cross left foot behind right
- 19 – 20 Step right foot to right side , ¼ turn over right shoulder, stomp left foot

## BEGIN AGAIN!



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