

# ONE STEP, TWO STEP

**Song:** One Step Forward      **Track Length | BPM:** 3.27 | 135

**Artist:** Desert Rose Band      (available on iTunes)

**Choreographer:** Adrian Lefebour, July 17, Version 1

**Step Description:** 4 Wall, 32 Count, Upper Beginner (RESTART)

**Notes:** 32 count intro from the start of the song.

## Beats    Steps

### **1-8    STEP FWD R45, TOUCH, STEP FWD L45, TOUCH, STEP BACK R45, TOUCH, STEP BACK L45, TOUCH**

1,2    Step R forward on R 45, Touch L toe next to R (clap hands on the touch)

3,4    Step L forward on L 45, Touch R toe next to L (clap hands on the touch)

5,6    Step R back on R 45, Touch L toe next to R (clap hands on the touch)

7,8    Step L back on L 45, Touch R toe next to L (clap hands on the touch)

### **9-16    VINE RIGHT, VINE LEFT 1/4 TURN SCUFF**

1,2    Step R to R side, Step L behind R

3,4    Step R to R side, Touch L toe next to R

5,6    Step L to L side, Step R behind L

7,8    1/4 Turn L step forward on L, Scuff R forward (9.00)

### **17-24    TOE STRUT JAZZ BOX**

1,2    Touch R toe across L, Drop R heel

3,4    Touch L toe slightly back, Drop L heel

5,6    Touch R toe to R side, Drop R heel

7,8    Touch L toe next to R, Drop L heel (weight on L)

### **25-32    R HEEL, STEP TOGETHER, L HEEL, STEP TOGETHER, HEEL FWD, HOLD, TOE BACK, HOLD**

1,2    Place R heel forward to R 45, Step R next to L

3,4    Place L heel forward to L 45, Step L next to R

5,6    Place R heel forward, Hold

7,8    Touch R toe back, Hold

## START AGAIN

### **RESTART – Wall 4**

Dance to count 16, then restart the dance facing the 12 o'clock wall.

### **RESTART - Wall 11, facing the 6 o'clock wall**

Dance the first 8 counts of the dance and then start the dance again.

### **FINISH – Wall 14**

Dance to count 26, then do a 1/4 paddle turn with your L to finish at the front wall.