



Kickit

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 / Available on iTunes]

Nothin' 'Bout Love Makes Sense by LeAnn Rimes [122 bpm / CD: CDX #352 / This Woman / CD: Line Dance Fever 16 / Available on iTunes]

Start dancing on lyrics

STEP, TOUCH, BACK, TOGETHER, BACK, TOUCH, SIDE, TOGETHER

- 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 Cross right behind left

SIDE, TOUCH, FORWARD, TOUCH, BACK, TOGETHER, BACK, TOUCH

- 1 Step left to side
- 2 Touch right together
- 3 Step right forward
- 4 Touch left together
- 5 Step left back
- 6 Step right together with left foot
- 7 Step left back
- 8 Touch right together

SIDE, TOGETHER, TURN, TOUCH

- 1 Step right to side
- 2 Step left together
- 3 Turn $\frac{1}{4}$ right and step right forward
- 4 Touch left together

REPEAT

Betty Wilson

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