One Step Forward

Choreo: **Kathy & Tom Nickel 4301 Hilltop Circle, Middleton, WI 53562 (608) 831-0341 e-mail: tenickel@chorus.net**
Record: **"One Step Forward" Download @ iTunes.com Artist: Desert Rose Band**
Footwork: **Opposite, directions for man except as noted (W's in parentheses) Time@RPM: 3:25 @45**
Rhythm: **Two Step Roundalab Phase II+1 [Fishtail] Difficulty: Average**
Sequence: **Intro - A - B – Interlude – C – B – A – D - B – B (Mod) – End Released: August. 2016**

INTRO

1-8 WAIT; WAIT; APT PT; TOG TCH CP WALL;   BOX;; 2 TURNING TWO STEPS CP LOD;;
1 - 4   open fcg wait**;**   wait**;**   apt L, -, pt R**,- ;**   tog R, -, tch to CP/WALL**,- ;**
5 – 6   sd L, cl R, fwd L,-; sd R, cl L, bk R,-;
7 – 8   sd L, cl R, trn L,-; sd R, cl L, trn R,-; Fwd L,-, fwd R to CP/LOD [PICKUP],-;

PART A

1-6   2 FWD TWO STEPS;; PROG SCIS TWICE BJO CKG;; FISHTAIL; WALK 2;
1 - 2   fwd L, cl R, fwd L,- ;   fwd R, cl L, fwd R,-;
3 - 4   sd L, cl R, XLif of R to SDCAR/DW,-; sd R, cl L, XRif of L to BJO/DC,**-**;
5 – 6   xLib (W-xRif), sd R, fwd L, lk Rib (W-lk Lif) to BJO DLW,-; fwd L, -, fwd R,-;

7-12   HITCH; HITCH/SCISSOR CP WALL;   LF TURNING BOX SCP LOD;;;;
7 – 8   fwd L, cl R, bk L, - ; bk R, cl L, fwd R (W fwd L trng RF 1/2, cl R, fwd L) to CP/WALL,-;
9 –10 sd L, cl R, fwd L trng ¼ LF,-; sd R, cl L, bk R trng ¼ LF,-;
11-12 sd L, cl R, fwd L trng ¼ LF,-; sd R, cl L, bk R trng ¼ LF to SCP/LOD,-;

13-16   SCOOT;   WALK 2 CP WALL;   2 TURNING TWO STEPS SCP LOD;;
13-14 fwd L, cl R, fwd L, cl R; fwd L, -, fwd R to CP/WALL ,-;
15-16 sd L, cl R, trn L,-; sd R, cl L, trn R,-; Fwd L,-, fwd R to SCP/LOD**,- ;**

PART B

1-4   HITCH 6 BFLY WALL;; BASKETBALL TURN SCP LOD;;
1 - 2   fwd L, cl R, bk L**,- ;**   bk R, cl L, fwd R to BFLY/WALL**,-;**
3 – 4   lunge LOD L,-, rec R trng ½ to RLOD,-; lunge RLOD L,-, rec R trng ½ RF to SCP/LOD,-;

5-8   HITCH 6 BFLY WALL;; TWIRL/VINE 2 SCP LOD;   WALK 2;
5 - 6   fwd L, cl R, bk L**,- ;**   bk R, cl L, fwd R to BFLY/WALL**,-;**
7 - 7   sd L, -, xRib (W fwd R trng RF undr ld hnds, -, cont trn sd & bk L) to SCP/LOD**,- ;**
8 - 8   fwd L, -, fwd R ,-; [2nd time thru WALK & PICKUP]

INTERLUDE

1-4   SLOW OPEN VINE 8;;;;
1 - 2   sd L, -, xRib (W xLib) to LOP fcg RLOD,- ;   sd L fc ptnr, -, xRif (W xLif) to BFLY/WALL,- ;
3 - 4   sd L, -, xRib (W xLib) to LOP fcg RLOD,- ;   sd L fc ptnr, -, xRif (W xLif) to FCG NO HANDS JOINED,- ;

PART C

1-4   SKATE L & R; SIDE TWO STEP; SKATE R & L; SIDE TWO STEP;
1 – 2   sd L, drw R to L, sd R, drw L to R; sd L, cl R, sd L,-;
3 – 4   sd R, drw L to R, sd L, drw R to L; sd R, cl L, sd R,-;

5-8   BACK AWAY 3; BACK AWAY 3 MORE; STRUT TOG 4 BFLY WALL;;
5 – 6   (bth bkg awy from ptr) bk L, R, L,-; bk R, L, R,-;
7 – 8   strut fwd L, - fwd R,- ; fwd L, - fwd R to BFLY WALL,-;

9-16   FC - FC; BK - BK; BASKETBALL TURN CP WALL;; TRAVELING BOX SCP LOD;;;;
9 –10 sd L, cl R, sd L trng LF to bk-bk pos,- ; sd R, cl L, sd R trng RF to BFLY WALL,- ;
11–12 lunge LOD L,-, rec R trng ½ to RLOD,-; lunge RLOD L,-, rec R trng ½ RF to CP/WALL,- ;
13-14 sd L, cl R, fwd L blending to RSCP/RLOD,-; fwd R,fwd L,-;
15-16 sd R, cl L, bk R blending to SCP/LOD,-; fwd L, fwd R to SCP/LOD,-;

REPEAT B

REPEAT A

PART D

1-10   **CIR AWAY 2 TWO STEPS;;   STRUT TOG 4 CP WALL;; BROKEN BOX;;;; SL OPEN VINE 4 SCP LOD;;**

     1 - 2   circ twd COH(W twd WALL) fwd L, cl R, fwd L,-; fwd R, cl L, fwd R trng LF to fc ptr,-;

     3 - 4   strut fwd L, - fwd R**,- ;**   fwd L, - fwd R to CP/WALL**,-;**

     5 - 8   sd L, cl R, fwd L,-;   rk fwd R,-, rec L,-;   sd R, cl L, bk R,-;   rk bk L,-, rec R,-;

     9 -10   sd L, XRib of L,-; sd L, XRif of L to SCP/LOD,-;

REPEAT B

PART B MOD

1-8   **HITCH 6;; BASKETBALL TURN SCP LOD;;**

     1 - 2   fwd L, cl R, bk L**,- ;**   bk R, cl L, fwd R to BFLY/WALL**,-;**

     3 – 4   lunge LOD L,-, rec R trng ½ to RLOD,-; lunge RLOD L,-, rec R trng ½ RF to SCP/LOD,-;

5-8   **HITCH 6 BFLY WALL;; TWIRL/VINE 2;   2 SD CLOSES;**

     5 - 6   fwd L, cl R, bk L**,- ;**   bk R, cl L, fwd R to BFLY/ WALL**,-;**

     7 - 7   sd L, -, xRib (W fwd R trng RF undr ld hnds, -, cont trn sd & bk L) to BFLY/WALL**,- ;**

     8 - 8   sd L, cl R, sd L, cl R**,- ;**

END

1-7   **SIDE THRU CP WALL;   TRAVELING BOX SCP LOD;;;;   WALK 2;   APT PT;**

     1– 1   sd L,- thru R, to CP/WALL,-;

     2 - 3   sd L, cl R, fwd L blending to RSCP/RLOD,-; fwd R,fwd L,-;

     4 - 5   sd R, cl L, bk R blending to SCP/LOD,-; fwd L, fwd R,-;

     6 - 6   fwd L, -, fwd R ,-;

     7 - 7   stp apt L,-, pt R ptr,-;

QUICK CUES

Intro: *[OP FC WALL]* ; ; APT PT ;   TOG TCH *CP WALL* ;

      BOX ; ; 2 TURNING TWO STEPS *CP LOD [PICKUP]* ; ;

A: 2 FWD TWO STEPS ; ;   PROG SCIS TWICE BJO CKG ;;

      FISHTAIL ;   WALK 2 *SCP LOD* ;   HITCH ;   HITCH/SCISSOR *CP WALL* ;

      LF TURNING BOX *SCP LOD* ; ; ; ;   SCOOT ;   WALK 2 *CP WALL* ;

      2 TURNING TWO STEPS *SCP LOD* ; ;

B: HITCH 6 *BFLY WALL* ; ;   BASKETBALL TURN *SCP LOD* ; ;

      HITCH 6 ; ;   TWIRL/VINE 2 *SCP LOD* ;   WALK 2 ;

I: SLOW OPEN VINE 8 *FCG NO HANDS JOINED* ; ; ; ;

C: SKATE L & R ;   SIDE TWO STEP ;   SKATE R & L ;   SIDE TWO STEP ;

      BACK AWAY 3 ;   BACK AWAY 3 MORE ;   STRUT TOG 4 *BFLY WALL*; ;

      FC - FC; BK – BK ;   BASKETBALL TURN *CP WALL* ; ;

      TRAVELING BOX *SCP LOD* ; ; ; ;

B: HITCH 6 *BFLY WALL* ; ;   BASKETBALL TURN *SCP LOD* ; ;

      HITCH 6 ; ;   TWIRL/VINE 2 *SCP LOD* ;   WALK 2 *CP LOD [PICKUP]* ;

A: 2 FWD TWO STEPS ; ;   PROG SCIS TWICE BJO CKG ;;

      FISHTAIL ;   WALK 2 *SCP LOD* ;   HITCH ;   HITCH/SCISSOR *CP WALL* ;

      LF TURNING BOX *SCP LOD* ; ; ; ;   SCOOT ;   WALK 2 *CP WALL* ;

      2 TURNING TWO STEPS *SCP LOD* ; ;

D: CIR AWAY 2 TWO STEPS ; ;   STRUT TOG 4 *CP WALL* ; ;

      BROKEN BOX ; ; ; ;   SLOW OPEN VINE 4 *SCP LOD* ; ;

B: HITCH 6 *BFLY WALL* ; ;   BASKETBALL TURN *SCP LOD* ; ;

      HITCH 6 ; ;   TWIRL/VINE 2 *SCP LOD* ;   WALK 2 *CP LOD [PICKUP]* ;

B MOD: HITCH 6 *BFLY WALL* ; ;   BASKETBALL TURN *SCP LOD* ; ;

      HITCH 6 ; ;   TWIRL/VINE 2 *BFLY WALL* ;   2 SIDE CLOSES ;

END: SIDE THRU *CP WALL* ;   TRAVELING BOX *SCP LOD* ; ; ; ;   WALK 2 ;   APT PT ;