

One Step Forward

BEGINNER

32 Count

Choreographed by: Cheryl Parker

Choreographed to: Poor Boy Shuffle by The Tractors

RIGHT DIAGONAL FORWARD, TOUCH, LEFT DIAGONAL BACK, TOUCH

- 1 - 2 Step forward right at 45 degree angle right, touch left beside right
3 - 4 Step back left at 45 degree angle left, touch right beside left

RIGHT DIAGONAL BACK, TOUCH, LEFT DIAGONAL FORWARD, TOUCH

- 5 - 6 Step back right at 45 degree angle 4, touch left beside right
7 - 8 Step forward left at 45 degree angle left, touch right beside left

STEP FORWARD, HOLD, TOGETHER, HOLD, STEP BACK, TOGETHER, STEP BACK, TOGETHER

- 1 - 4 Step forward right, hold, step left beside right (weight on left), hold
5 - 8 Step back right, step left beside right, step back right, step left beside right (weight on left)

DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT

- 1 & 2 Shuffle forward right-left-right at 45 degree angle right (facing home wall at end of shuffle)
3 & 4 Shuffle forward left-right-left at 45 degree angle left (facing home wall at end of shuffle)

1/4 TURN LEFT, SIDE SHUFFLE, HEEL, BALL TOUCH

- 5 & 6 Turning 1/4 turn left on ball of left shuffle to right side right-left-right
7 & 8 Touch left heel forward, step left beside right, touch right beside left (weight stays on left)

RIGHT SHUFFLE FORWARD, STEP FORWARD, ROCK BACK, LEFT SHUFFLE BACK, STEP BACK, ROCK FORWARD

- 1 & 2 Shuffle forward right-left-right
3 - 4 Step forward on left, rock back on right in place
5 & 6 Shuffle back left-right-left
7 - 8 Step back on right, rock forward on left in place (weight on left)

REPEAT