



# Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **One Step Forward**  
Type: 20 Count, 4 Wall, Beginner  
Choreographer: Betty Wilson & Charlotte Lucia  
Choreographed to: One Step Forward by The Desert Rose Band (137 bpm, 3:22 min)

---

Intro: Start after count 32

**Section 1 Step Touch, Back, Close, Back Touch**

1,2	Step left forward. Touch right beside left	Step, touch
3,4	Step right back. Step left beside right	Back, close
5,6	Step right back. Touch left beside right	Back, touch

**Section 2 Chasse Left, Touch,**

1,2	Step left to left side. Step right beside left	Side, close
3,4	Step left to left side. Touch right beside left	Side, touch

**Section 3 Step Touch, Back, Close, Back Touch**

1,2	Step right forward. Touch left beside right	Step, touch
3,4	Step left back. Step right beside left	Back, close
5,6	Step left back. Touch right beside left	Back, touch

**Section 4 Chasse 1/4 Right, Touch**

1,2	Step right to right side. Step left beside right	Side, close
3,4	Step right 1/4 turn right (3:00). Touch left beside right	Turn, touch

---