

ONE STEP FORWARD

Dance: Milo & Carol Molitoris, 109 B. 3rd St. Gunnison, Co 81230  
Record: MCA 53201 "One Step Forward", by The Desert Rose Band  
Rhythm/Speed/Date: Two step, 45 rpm, 5 February 88  
Footwork: Directions for man, except where noted  
Level: Roundalab Phase II  
Sequence: Intro,A,B,Interlude,A,B,C,B,B,End

Measures

Introduction

1-4 WAIT 2;; APT, PT,-; TOG, TCH,-; (CP WALL)  
In Op Fcg wait 2 meas;; stp apt L,- point R twds ptr,-;  
step tog R,- tch L,- to CP WALL;  
5-8 TRAVELING BOX;;; (SCP)  
In CP WALL sd L, cl R, fwd L,-; turn to fc SCP RLOD walk R,  
L,-; sd R, cl L, bk R,-; blend to SCP LOD fwd L, R,-;

Part A

1-4 2 FWD TWOSTEPS;; 2 TURNING TWOSTEPS;; (CP WALL)  
In SCP LOD fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;  
blend to CP bk L, turn RF R, cl L,-; fwd R, cont RF turn L,  
cl R,-;  
5-8 BOX;; REV BOX;;  
In CP WALL sd L, cl R, fwd L,-; sd R, cl L, bk R,-; sd L,  
cl R, bk L,-; sd R, cl L, fwd R,-;  
9-12 HITCH APT; SCIS THRU; (OP LOD) HITCH DBLE;;  
In CP WALL bk L, cl R, fwd L,-; sd R, cl L, XRIF,-; in OP  
LOD fwd L, cl R, bk L,-; bk R, cl L, fwd R,-;  
13-16 FWD LK, FWD LK, WALK 2;; SCOOT 4, WALK 2 (SCP);;  
In OP LOD fwd L, lk R, fwd L, lk R, fwd L, fwd R,;; fwd L,  
cl R, fwd L, cl R, fwd L, fwd R, to SCP LOD;;

Part B

1-4 RK FWD REC; BK HITCH; (OP LOD) WALK 4;; (SCP LOD)  
In SCP rk fwd L,- rec R,-; bk L, cl R, fwd L,- to OP LOD;  
fwd R, fwd L, fwd R, fwd L, to SCP;;  
5-8 RK RWD REC; BK HITCH; (OP LOD) WALK 4;; (SCP LOD)  
In SCP rk fwd R,- rec L,-; bk R, cl L, fwd R,-OP LOD; fwd  
L, fwd R, fwd L, fwd R to SCP;;

Interlude

1-4 TWIRL 2; WALK 2; APT, PT; TOG, TCH; (SCP LOD)  
In SCP sd L, XRIB,-(W twirl RF under M's L arm R,L-); fwd  
L,- fwd R,- to fc ptr; stp apt L,- point R twds ptr,-;  
step tog R,- tch L,- to SCP;

Part C

1-4 CIRCLE AWAY 2 TWOSTEPS;; CIRCLE TOG 2 TWOSTEPS;; (CP WALL)  
In SCP circle away frm ptr L, cl R, fwd L,-; fwd R, cl L,  
fwd R,-; circle tog L, cl R, fwd L,-; fwd R, cl L, fwd R,  
to CP WALL;  
5-8 BOX;; HITCH APT; CHANGE SIDES; (OP RLOD)  
In CP WALL sd L, cl R, fwd L,-; sd R, cl L, bk R,-; bk L,  
cl R, fwd L,-; fwd R, cl L, fwd R,-(W twirl LF under M's R  
arm L,R,L,- to end in OP RLOD);  
9-12 REPEAT MEAS 1-4; ;;;  
13-16 REPEAT MEAS 5-8 TO OP LOD; ;;;  
17-22 OPEN VINE;; HITCH DBLE;; OPEN VINE;;  
In OP LOD sd L, bk R (LOP), sd L to fc ptr, fwd XRIF to OP  
LOD;; fwd L, cl R, bk L,-; bk R, cl L, fwd R,-; sd L, bk R  
(LOP), sd L to fc ptr, fwd XRIF to OP LOD;;  
23-26 RK RWD REC; BK TWOSTEP; RK BK REC; FWD TWOSTEP; (SCP LOD)  
In OP LOD rk fwd L,- rec R,-; bk L, cl R, bk L,-; rk bk R,-  
rec fwd L,-; fwd R, cl L, fwd R,- to SCP LOD;

Ending

1-4 2 FWD TWOSTEPS;; 2 TURNING TWOSTEPS;;  
repeat measures 1-4 of Part A; ;;;  
5-8 HITCH APT; SCIS THRU; TWIRL 2; APT, PT,;  
repeat measures 9-10 of Part A; ; sd L, XRIB,-; stp away  
from ptr L,- point R twd ptr,-;