

One Step Forward

Chris Hillman & Bill Wildes Recorded by Desert Rose Band (1987)

Opener: (Circle Left)
You held me up held me down
Made me crazy then you brought me around
Left Allemande – Turn Partner Right
Left Allemande – Weave the Ring
Were my shelter and my storm
Swing your Partner – Promenade
You were my fever and my cure
Made me doubt and you made me sure

Figure:

Heads Square Thru - and count em four Meet that corner lady Dosado Swing Thru - Spin the Top Boys move up – Right & Left Thru Square Thru – count 'em three Swing your corner then you Promenade You were my hope and my fear You were my laughter and my tear

Break/Closer: (Sides Face Grand Square)
One step forward and two steps back
Nobody gets too far like that
One step forward and two steps back
This kind of dance can never last
Girls Promenade inside the ring
Back home - Swing – Promenade I sing
One step forward and two steps back
This kind of dance can never last



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