

Fast Women

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Guyton Mundy (USA)

Musik: Good Little Girls - Blue County



RIGHT KICK BALL CHANGE, RIGHT SAILOR STEP, LEFT BEHIND & CROSS ¼ TURN RIGHT, SAILOR WITH ½ TURN

- 1&2 Right kick, step right, step left
3&4 Step right behind, step forward on left, step right beside left
5&6 Step left behind right, step forward on right turning ¼ to right, step left beside right (3:00)
7&8 Step back on right turning ¼ right, step forward on left turning ¼ right, step forward right (9:00)

LEFT HIP WALK, RIGHT HIP WALK, ROCK FORWARD LEFT, LEFT LOCK STEP BACK

- 1&2 Touch left forward bumping left hip, recover weight and bump hip forward again stepping on left
3&4 Touch right forward bumping right hip, recover weight and bump hip forward again stepping on right
5-6 Rock forward on left, recover on right
7&8 Step left back, cross right over left stepping back, step left back

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

- 1&2 Step right back, cross left over right stepping back, step right back
3-4 Rock back on left, recover on right
5&6 Shuffle forward left, right, left
7-8 Walk forward right, left

STEP FORWARD ON RIGHT TURNING ¼ TO LEFT, LEFT BEHIND & CROSS, RIGHT SIDE ROCK, RIGHT BEHIND & CROSS WITH ¼ TURN TO LEFT, STEP FORWARD ON LEFT

- 1 Step forward on right turning ¼ to left
2&3 Step left behind right, step right to right side, cross left in front of right
4-5 Side rock on right to right side, recover to left
6&7 Step right behind left, step left to left side turning ¼ to left, step forward on right
8 Walk forward on left

REPEAT
