

# Fast Fwd

Count: 64

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK) - November 2023

Music: Fast Fwd - Harleymoon Kemp



## Intro 16 Counts.

### Step Forward, Tap, Step Back, Kick, Coaster Step, Scuff.

- 1 2 Step forward on R. Tap L behind R.  
3 4 Step back on L. Low kick R forward.  
5 - 8 Step back on R. Step L next to R. Step forward on R. Scuff L forward.

### Shuffle Forward, Scuff, Jazz Box, Cross Step.

- 1 - 4 Step forward on L. Step R next to L. Step forward on L. Scuff R forward.  
5 - 8 Cross step R over L. Step back on L. Step R to right side. Cross step L over R.

### Step Right, Touch, Step Left, Touch, Step Right, Left Heel Dig, Step Left, Kick.

- 1 2 Step R to right side. Touch L next to R.  
3 4 Step L to left side. Touch R next to L.  
5 6 Step R to right side. Dig L heel forward to left diagonal.  
7 8 Step L to left side. Low kick R forward to right diagonal.

### Weave Left, Hold, Grapevine Left, Hold.

- 1 - 4 Cross step R behind L. Step L to left side. Cross step R over L. Hold.  
5 - 8 Step L to left side. Cross step R behind L. Step L to left side. Hold. (Restart during wall 2)

### Heel Strut 1/4 Turn Right, Toe Strut Back 1/2 Turn Right, Coaster Step, Scuff.

- 1 2 Turn 1/4 right stepping forward on R heel. Drop R toe.  
3 4 Turn 1/2 right stepping back on L toe. Drop L heel down. 9:00  
5 8 Step back on R. Step L next to R. Step forward on R. Scuff L forward.

### Step Forward, Scuff, 1/2 Reverse Rumba Box. Sway L, R.

- 1 2 Step forward on L. Scuff R forward.  
3 - 6 Step R to right side. Step L next to R. Step back on R. Hold.  
7 8 Step L to left side swaying left. Sway Right.

### 1/2 Rumba Box Forward, Grapevine Right, Cross Scuff.

- 1 - 4 Step L to left side. Step R next to L. Step forward on L. Hold.  
5 - 8 Step R to right side. Cross step L behind R. Step R to right side. Cross scuff L over R.

### Cross Rock, Recover, Step Left, Hold, Mambo 1/2 Turn Right, Step Forward.

- 1 - 4 Cross rock on L over R. Recover onto R. Step L to left side. Hold.  
5 - 8 Rock forward on R. Recover onto L. Turn 1/2 right stepping forward on R. Small step forward on L. 3:00

Start Again. Enjoy!

Ending: Pivot 1/2 turn right to face the front wall. Tah Dah!!