

# Fast Hearts and Slow Towns

**COPPER** KNOB  
BY STEPHEN METELNICK

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Alison Metelnick (UK) & Peter Metelnick (UK) - August 2019

**Musique:** Fast Hearts and Slow Towns - Midland



**Start after 40 count intro approx. 21.5secs on the word 'Silverado' when they sing 'That Old Silverado Truck'**  
**Music Available: Amazon - No Tags/Restarts**

**[1-8] Grapevine right, R chassé, L back rock/recover**

1-4 Step R side, cross step L behind R, step R side, cross step L over R  
5&6 Step R side, step L together, step R side  
7-8 Rock L back, recover weight on R

**[9-16] Grapevine left with ¼ L & R fwd, L fwd rock/recover, L coaster**

1-4 Step L side, cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)  
5-6 Rock L forward, recover weight on R  
7&8 Step L back, step R together, step L forward

**[17-24] R diag fwd, lock L behind R, R lock step fwd on diagonal, L fwd rock/recover, L chassé turning ¾th left**

1-2 On right diagonal step R forward, lock L behind R  
3&4 On right diagonal step R forward, lock L behind R, step R forward  
5-6 Rock L forward, recover weight on R  
7&8 Step L to left side, step R together, turning ¾th L step L forward (6 o'clock)

**[25-32] R fwd, ¼ L pivot turn, R cross shuffle, L side rock/recover, L behind/side/cross**

1-2 Step R forward, pivot ¼ left (3 o'clock)  
3&4 Cross step R over L, step L side, cross step R over L  
5-6 Rock L side, recover weight on R  
7&8 Cross step L behind R, step R side, cross step L over R

**ENDING: To finish facing front wall on wall 10 execute counts 25-30 adding a ½ L turning coaster for counts 31&32to face front!**

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**\*\*Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P**